



CNSA
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**2023 - 2024 CNSA
ORIENTATION
PACKAGE FOR
OFFICIAL DELEGATES
AND ASSOCIATE
DELEGATE**

**2023
- 2024**

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INTRODUCTION FROM OUR BOD

Congratulations on your position as Official or Associate Delegate within your chapter school. We are excited for another year and look forward to working together. The 2023-2024 Board of Directors would like to take this opportunity to welcome you and thank you for joining us as we aim to provide opportunities for professional growth and development in the field of nursing.

This package is intended to provide you with an overview of your role as the Official Delegate (OD) or Associate Delegate (AD) of your chapter school. While your position as OD and AD requires commitment and dedication, we hope that you will find all the associated tasks and necessary effort to be rewarding. You will find in this package a section for becoming an excellent OD or AD. We hope that you find this helpful and beneficial to your role. The Board of Directors also maintains open communication lines to help along the way.

Your time as the CNSA representative of your school is an excellent way to become more involved in the nursing community. Through your involvement with CNSA, you will have many opportunities to network with professionals from both nursing and other related fields.

As the official representatives, you will represent all members within your school and are the liaison for communicating information related to professional and social events both locally and nationally. You, along with all other ODs and ADs from each chapter school in your region, will gather at Regional Meetings and National Assembly to collectively and collaboratively discuss the current issues that face nursing students. It is within these meetings that the actions and proceedings of CNSA are decided.

As a regional executive member, you are expected to maintain regular communication with your Regional Director as well as other members of your region. This communication must be maintained to support your chapter with pertinent information. In the following sections, you will find more detailed information about CNSA and your role as an OD or AD.

We look forward to working with you directly in the coming term and hope that your experience with CNSA is rewarding. Please direct any questions you may have to your Regional Director or any one of the Board of Directors' members. We would be pleased to assist you during your term.

Once again, congratulations and good luck! We are confident that your time with CNSA will be filled with opportunity, experience, and inspiration.

Sincerely, Your 2023-2024 Board of Directors

CNSA ORGANIZATION CHART

BACKGROUND

The organizational model of CNSA is based on the belief that its real strength is found in the members. The organizational structures are in place to support and represent students wishing to become active and involved nationally in the student and nursing communities.

How the Model Works

CNSA consists of members who attend chapter schools. All nursing students enrolled at a chapter school are automatically associates (members) of the association. Individuals can benefit from and influence all levels of CNSA through their active participation. Students at member schools elect an Official Delegate (OD) for their chapter as their voting representative at the regional and national meetings; each chapter has one vote at meetings. Students at a chapter school may also elect one or more Associate Delegates (AD) to assist the OD. The AD may vote in the absence of, or with the permission of the OD. Delegates provide a functional base for each chapter on a regional and national level and are the individual students' main link to the broader organization. The delegates of each regional executive elect a regional director to represent the regional executive on the National Board of Directors each year at the National Assembly. Delegates of the National Assembly also elect the incoming Board of Directors and Committee Chairs at the National Assembly each year.

REGIONS

CNSA members are categorized into one of five regions based on their school's geographical location. Chapter members in each region elect an OD and AD to represent their school both regionally and nationally.

Chapter members in each region elect one person into the position of Regional Director; that person represents their region on the Board of Directors. This means that there are five (5) regional directors in total on the Board of Directors, one from each region. These regions are West (BC, Alberta, Yukon, and NWT), Prairie (Saskatchewan & Manitoba), Ontario, Quebec, and Atlantic (Maritime Provinces and Nunavut).

ROLE WITHIN CNSA AS AN OD/AD

Each role that students have within chapter schools plays an integral role in maintaining the functioning, continuity of information, and national voice of CNSA. The following is a list of the responsibilities of the Official Delegate and the Associate Delegate as per the goals outlined in the CNSA strategic plan.

The Official Delegate (OD)

Supporting Quality Nursing Education and Entry to Practice; and, Be a Trusted and Reliable Source of Information for Canadian Nursing Students

- Promote and encourage the participation of CNSA and CNSA related professional and social events.
- Orientate students to CNSA including the goals of the association and benefits of membership.
- Promote and encourage application to CNSA awards at their chapter school.
- Keep students informed about CNSA activities and encourage participation.
- Maintain a permanent chapter address and a file of CNSA business and information including correspondence and reports.
- Provide the regional director with an outline of the chapter goals and activities for the year and submit bi-monthly memo on the last day of the month (with the exception of the months May through August in which schools are closed for Spring/ Summer terms) and notify the Regional Director of any change in contact information throughout the year.
- Maintain communication with the Faculties, Colleges, Schools of Nursing, and Regional Member School regarding chapter's activities.
- Vote on behalf of their chapter at Regional Executive and National Assembly meetings.
- Attend all business meetings of the regional and National Assembly meetings; if unable to attend, provide written regrets to the Regional Director.
- Present an oral and written report with recommendations at each business meeting of the region.
- Surrender to the incoming OD all records and files with an oral and written explanation and recommendations within fourteen (14) days of the end of the term of office.
- Work with Associate Delegate (AD) in prompting and carrying out the activities of the Association
- Promote the CNSA awards within their chapter
- Distribute emails and updates from the Regional Director and Board of Directors to all members within their chapter.

ROLE WITHIN CNSA AS AN OD/AD (CONT'D)

- Vote for the Regional Achievement Award recipient on behalf of their chapter
- Consult members on their needs regarding services and information.
- Educate members on how to access services.
- Increase the profile of new and existing initiatives.
- Work with their school's administration to include CNSA fees into the school's registration costs
- Continue to develop and promote National nursing students' week on chapter school campuses.
- Communicate effectively and frequently with the Regional Director and other chapter schools in the region to maintain connections within CNSA.
- Attend all business meetings of the Regional Executive and National Assembly
 - **Attendance is important and expected**
- Collaborate with the Associate Delegate(s).

Advocate for the Increased Incorporation of Indigenous Health and Social Policies, as so listed in the following actions, within Nursing context and profession

- Seek speakers and additional educational opportunities to provide an Indigenous perspective if your curriculum does not already do so.
- Start meetings with a Land Acknowledgment to remind Chapter Members that we are settlers on Indigenous land.

Promote Social Justice as it Relates to Gender, Sexuality, Anti-Oppression, and Anti-Racism

- Disseminate related information regarding current CNSA activities, positions, and resolution statements to students and faculty.
- Encourage chapter members to get involved on their campuses.
- Disseminate recommended eLearning or modules to extend nursing education into underrepresented patient populations.
- Keep CNSA Chapter Members aware of cultural safety, anti-oppression, anti-racism, and anti-discrimination within meetings.

Support the Enactment of Measure that Improve Nursing Commitment to the Advancement of Climate Health in Nursing Practice

- Be conscious of Chapter activities and their impact on the environment. Opt for environmentally-friendly initiatives to reduce our footprint and do our part to remain sustainable in practice.
- Disseminate related information regarding CNSA activities, positions, and resolution statements to students and faculty
- Advocate for climate friendly initiatives within Chapter Schools. For example, volunteer clean-up, education regarding climate health, and reducing wastes during meetings.

ROLE WITHIN CNSA AS AN OD/AD (CONT'D)

The Associate Delegate (AD)

- Assists the Official Delegate in the aforementioned duties.
- Acts as a proxy in the event of the OD's absence for voting purposes.
- Attend all business meetings of the Regional Executive and National Assembly.
- Act for the OD on occasions where the latter is unable to attend
- Promote CNSA and CNSA activities in their chapter along with the OD.

Within Your Region Communication

Communication between the Regional Director, Official Delegate, and Associate Delegate helps to ensure continuity of information and helps make a smooth transition between membership years. Communication within schools, between regional chapters, and at a national level helps to build a strong, united voice of nursing students. It is expected that the OD/AD of each member school:

- Provide contact information to the Regional Director each year with updates as necessary.
- Maintain an email account for the CNSA chapter at their school.
- Submit a monthly update to their Regional Executive highlighting chapter activities.
- Act as the communication link between CNSA and the general members with their chapters by distributing pertinent information.
- Disseminate a biannual report to their Regional Executive fourteen (14) days before the fall and winter regional meetings for presentation.

A problem or breakdown in communication is defined as:

- Failing to access the CNSA email account at least once a week.
- Not providing accurate contact information to the Regional Director.
- Not alerting one's Regional Director of changes to contact information
- Not disseminating a monthly update.
- Not responding to direct queries from your Regional Director or Regional Executive.

ROLE WITHIN CNSA AS AN OD/AD (CONT'D)

Regional Director may take the following actions if a communication problem exists:

- If no response from the chapter has been received within one week, the Regional Director will send another email.
- If there continues to be no response, the Regional Director will telephone the individual or contact them through their personal email address; and
- If there continues to be no response after a three (3) week period, the Regional Director may contact the head of the chapter members program to:
 - Work to re-establish a line of communication with the OD.
 - Identify whether the OD in question is still occupying the position.
 - Designate the AD to fulfill the position if the OD is no longer interested or able.
 - Facilitate the recruitment of a new OD, if the AD is no longer interested or able to fulfill the role.

The following actions may be taken by the OD/AD if communication problems occur with the Regional Director:

- If a Regional Director does not respond within two (2) weeks, the OD/AD may contact the President to re-establish lines of communication.
- If there continues to be no response after one (1) week, the President may proceed to strike a Board Mediation Committee and resolve the situation according to the Part XI of the Rules and Regulations

We ask that if any extenuating circumstances arise that causes you to be unable to maintain communication between yourself and your partners that you inform your Regional Director. In this circumstance, an “Automatic Response” should be set up within your email. If you require assistance with this, please contact your Regional Director.

BOD INFORMATION

The Board of Directors (BOD) comprises a couple of subgroups: Administrative Council (AC), other voting members, and non-voting members. The BOD is responsible for conducting the business of CNSA including setting association policy, appropriating, and allocating the funds of the association, and managing and distributing the awards of the association. The BOD meets officially three times a year in the spring, summer, and winter prior to the National Assembly.

Administrative Council

- President
- Vice-president (VP)
- Director of Communications (DOC)

Other Voting

- Director of Indigenous Health Advocacy (DIHA)
- Director of Membership Development (DMD)
- Practical Nursing Director
- Psychiatric Nursing Director
- Men's Caucus Chair
- Diversability Caucus Chair
- Black Caucus Chair
- Indigenous Caucus Chair
- People of Colour Caucus Chair
- Francophone Caucus Chair
- 2SLGBTQ+ Caucus Chair
- Regional Directors (RD) (5): Western (WRD), Prairie (PRD), Ontario (ORD), Quebec (QRD), and Atlantic (ARD)

Other Non-Voting

- Past-President
- Safety and Wellness Advocate
- Environmental Sustainability Advocate
- New Grad Advocate
- National Conference Coordinator (NCC)
- Administrative Officer
- Treasurer
- Technology Officer
- Elder

BOD INFORMATION (CONT'D)

Other Non-Voting, appointed by the BOD to the position of National Partner

- Canadian Nurses Association (CNA)
- Canadian Association of Schools of Nursing (CASN)
- Canadian Federation of Nurses Unions (CFNU)

2023-2024 BOD

POSITION	OFFICER	CONTACT
President:	Eyasu Yakob, University of Alberta	president@cnsa.ca
Vice-President:	Jingyi He, University of Alberta	vp@cnsa.ca
Director of Membership Development:	Matthew Obumani, Seneca Polytechnic	membership@cnsa.ca
Director of Communications:	Maggie Zhao, University of Ottawa	communications@cnsa.ca
Director of Indigenous Health and Advocacy:	Vacant	indigenoushealth@cnsa.ca
Practical Nursing Director:	Haseen Mohammed, Stenberg College	practicalnursing@cnsa.ca
Psychiatric Nursing Director:	Vacant	psychiatricnursing@cnsa.ca
Diversability Caucus Chair:	Dejano Duncan, University of Alberta	diversabilitycaucus@cnsa.ca
People of Colour Caucus Chair:	Alisha D'souza, McMaster University	peopleofcolourcaucus@cnsa.ca
Francophone Caucus Chair:	Celestina-Mbuyi Kalonji, York University	francophonecaucus@cnsa.ca
Black Caucus Chair:	Abigail Safo-Adutwum, York University	blackcaucus@cnsa.ca
Indigenous Caucus Chair:	Vacant	indigenouscaucus@cnsa.ca
2 SLGBTQ+ Caucus Chair:	Hannah McGaughey, University of Prince Edward Island	2slgbtqcaucus@cnsa.ca
Past-President:	Lora Sliman, MacEwan University	pastpresident@cnsa.ca
Safety and Wellness Advocate:	Joel Lewis, Sprott Shaw College	wellness@cnsa.ca
New Grad Advocate:	Rebecca Titus, York University	newgrad@cnsa.ca
National Conference Coordinator:	Yuanjie (Bill) Zheng, University of Calgary	conference@cnsa.ca
Ontario Regional Director:	Bridget Edwards, University of Toronto	ontario@cnsa.ca
Quebec Regional Director:	Claire Mabia, McGill University	quebec@cnsa.ca
Prairie Regional Director:	Vacant	prairie@cnsa.ca
Western Regional Director:	Vacant	west@cnsa.ca
Atlantic Regional Director:	Vacant	atlantic@cnsa.ca
Men's Caucus Chair:	Vacant	mencaucus@cnsa.ca
Environment and Sustainability Advocate:	Vacant	sustainability@cnsa.ca
Technology Officer:	Jessica Wingfield, Recent Graduate	informatics@cnsa.ca
Administrative Officer:	Roxanne Nizio	resource@cnsa.ca
Treasurer:	Nilda Belisle	admin@cnsa.ca

BOD INTRODUCTIONS

EYASU YAKOB

President

Hello and Bonjour everyone! My name is Eyasu Yakob and I have the great honour of serving as President of the Canadian Nursing Students' Association for 2023-2024. I am in my second year of nursing studies at the University of Alberta and I am located on Treaty Six Territory, which is the traditional lands of many First Nations, Métis, and Inuit peoples. I am very excited to work with this year's Board of Directors as well as our national partners at the CFNU, CNA, and CASN to advocate for the rights and interests of nursing students across Canada. Please feel free to reach me at president@cnsa.ca if you have any questions or concerns, as I would be happy to hear from you!

JINGYI HE

Vice President

Hi! My name is Jingyi, and I am a Fourth Year Nursing (Honours) Student at the University of Alberta. As the Vice President, I look forward to advocating for nursing students on national and international stages. I am also excited to deliver our numerous CNSA scholarships to give back to students and support everyone in their education.

BOD INTRODUCTIONS

MATTHEW OBUMANI

Director of Membership Development

Hello everyone! My name is Matthew, and I am thrilled to introduce myself as the Director of Membership Development. I am currently enrolled in a bridging program for the Honours Bachelor of Science in Nursing at Seneca Polytechnic. Before pursuing my BScN, I studied practical nursing and gained valuable experience in public health, specifically in infection control and managing the challenges posed by the coronavirus pandemic. I am truly excited about the opportunity to contribute to promoting excellence in nursing education. My passion lies in assisting and supporting my fellow nursing students across Canada. Through this role, I hope to learn and grow together with my peers, both personally and professionally.

MAGGIE ZHAO

Director of Communication

Hello/Bonjour! My name is Maggie Zhao, and I'm entering my second year of nursing at the University of Ottawa. This is my first year as the Director of Communication for CNSA, but I have been part of my school's CNSA since my first year as the associate delegate! I am passionate about fostering communication with other (aspiring) healthcare professionals to expand knowledge and learning opportunities. As a result, my objectives are to communicate with our administrative councils, board of directors, and everyone else to assist and provide as many opportunities, resources, and information as possible. Feel free to reach out to me or any of the CNSA members!

BOD INTRODUCTIONS CONT'D

BRIDGET EDWARDS

Ontario Regional Director

Hello! My name is Bridget Edwards, I am a cis-gender female (pronouns she/her). I am a current Lawrence S. Bloomberg Faculty of Nursing candidate with bedside experience in Geriatric care, Psychiatric care, and Adult Acute Care units. I am passionate about providing safe, competent, and evidence informed care to patients and families with emphasis on cultural humility and personalization. I previously completed an Honours Bachelor of Health Science (BHSc) at the University of Ottawa, where I studied the theory of health sciences, before deciding to peruse a career in clinical care. In my personal life I work as a bartender, participate in work out classes, and hang out with my friends!

CLAIRE MABIA

Atlantic & Quebec Regional Director

Hello! I'm Claire, and I'm thrilled to be taking on the role of Atlantic and Quebec Regional Director. I am a third year nursing student at McGill. This is my first year on the CNSA, and as someone who is passionate about nursing, I couldn't be more excited to advocate for the interests of the amazing student communities. With a knack for building connections and fostering a supportive environment, I'm determined to empower nursing students throughout the region and create unforgettable experiences. From organizing engaging events to collaborating with dedicated individuals, I look forward to bringing a fresh perspective, some laughter, and a whole lot of enthusiasm to this role.

BOD INTRODUCTIONS

CONT'D

DEJANO DUNCAN

Diversability Caucus Chair

Hi, I am DeJano, excited to be the Diversability Caucus Chair member! I hold a psychology degree and am pursuing my BScN at the University of Alberta. I am drawn to nursing because this is my way to contribute positively to the communities I belong to and make healthcare changes. As a queer black person, I am particularly interested in working in the LGBTQ and black communities to improve health outcomes among these individuals. Representation in healthcare matters, and I want to do my part to close healthcare disparities in both communities. I look forward to supporting diverse nursing students throughout their nursing program and working directly with nursing schools to create a more inclusive and equitable environment for diverse students. I am eager to get to work and promote positive changes within nursing!

ALISHA D'SOUZA

People of Colour Caucus Chair

Hello/Bonjour, my name is Alisha! I'm a nursing student in the second-entry accelerated Bachelor of Science in Nursing program at McMaster University in Ontario and I currently work administratively in Pediatric Critical Care. I have a passion for working with children and families experiencing major illnesses and disabilities and have worked and volunteered in this area for nearly a decade. I've been told by many that I have "camp-counselor energy" so you can expect to find me choreographing routines to Frozen with my patients in the near future! In the last few years, I've taken on various non-clinical roles and as graduation approaches, I hope to transfer those skills more and more into the clinical world! I'm excited to be the Person of Colour Caucus Chair with the CNSA's Board of Directors and look forward to hearing and advocating for fellow students and POC. I'm always interested in hearing about equity, diversity, and inclusion initiatives and how they can be incorporated into the curriculum to improve outcomes for patients. I encourage those with ideas to reach out to me! In my spare time, I love being around those who fill my cup (including my cats), especially for outdoor adventures like hiking, camping, and being on the water. Fun fact: in high school, I was a vocal major in a regional arts program, and I still sing now, performing primarily in concert choirs and occasionally singing the national anthem at sporting and fundraising events!

BOD INTRODUCTIONS CONT'D

ABIGAIL SAFO-ADUTWUM

Black Caucus Chair

Hello, my name is Abigail Safo-Adutwum, and I'm a nursing student at York University. I like to sing, act, write spoken word and binge-watch anime! I'm a bit of an ambivert and very excited to be the 2023/2024 Black Caucus Chair. I'm looking forward to stepping out of my comfort zone, learning more about my role and how I can support students and connecting with the many black nursing students and their allies across Canada! I have already sent out a google form to collect interest from some schools, and so far, I have 14 responses from students at York, Trent and the University of Windsor.

HANNAH MCGAUPHEY

2SLGBTQIA+ Caucus Chair

Hannah McGaughey (she/her) is a nursing student in the accelerated BScN program at the University of Prince Edward Island. Following a degree in biology (as well as some theatre studies!), Hannah decided to pursue nursing and is hopeful to work in a medical-surgical setting or mental health setting with pediatric populations following graduation. While serving as the Second Year Accelerated Representative of the UPEI Nursing Society, Hannah decided she wanted to become more involved with nursing student organizations, thus leading to her becoming involved with CNSA. As a member of the 2SLGBTQIA+ Community, Hannah is excited to serve queer nursing students across Canada. She is passionate about advocating for the implementation of inclusive language, challenging heteronormative teaching practices and materials, advocating for accommodating and safe spaces, as well as bringing the experience of queer nursing students forward to implement positive change.

BOD INTRODUCTIONS CONT'D

CELESTINA-MBUYI KALONJI

Francophone Caucus Chair

Bonjour! My name is Celestina and I hold the position as the Francophone Caucus Chair. I am ecstatic to take on this new role and be a part of the organization! Community has been an important part of my nursing career thus far. I'm hoping to build relationships with my fellow nursing students and advocate for our needs with the help of this organization. I currently work in Acute Medicine as an extern and have some experience as a patient assistant. During the odd times my head is not deep in the books, I enjoy binge watching shows and self care days. My areas of interest are Labour & Delivery, NICU, and Rehab.

REBECCA TITUS

New Grad Advocate

Hello/Bonjour! My name is Rebecca Titus (she/her) and I am now a proud graduate of the BScN program at York University. I am also a newly Registered Nurse working in trauma, as well as palliative care!! In my spare time (which you will shortly see there isn't much of it) you can find me traveling the world, riding my horse or seeking out new adventures!

The whole journey after graduation including studying for and writing the NCLEX to navigating the job world and completing your orientation is a whirlwind of a few months. However, it can be done and I believe in every single one of you!! As your New Grad Advocate on the CNSA Board of Directors, I look forward to creating a space for all new grads to come together and share their triumphs and struggles in a safe space where we can help each other through this transition period! If you have any questions or ideas please feel free to reach out to me at newgrad@cnsa.ca! I look forward to supporting you all through this nursing journey whether it's as a new grad, or as a nursing student!

LORA SLIMAN

Past-President

Hello Everyone! This will be my third year on the CNSA BOD and I am super excited to wrap everything up. I am finishing up my final year of my BScN and will hopefully be working as a new grad RN soon. CNSA has given me many opportunities and many learning experiences and I am thrilled to see what will happen next. If you're interested in becoming a member of the CNSA as a general member or a member of the BOD, please feel free to email me at pastpresident@cnsa.ca.

BOD INTRODUCTIONS CONT'D

JOEL LEWIS

Safety and Wellness Advocate

Hello all, I'm Joel, it's nice to virtually meet you. I am a Student Practical Nurse grateful to be learning, working, and living on lək'wəŋən Traditional Territory. Nursing, to me, is part medicine, part guidance, part education, and a sweet dash of magic. To know an advanced perspective of the human condition as a medical professional, caregiver, and health educator, and to apply this with grace, morality, and fearlessness in the face of the daily unknown; that must be magic. This is why I strive to be a nurse. I have been a student for quite some time now, with a seemingly untraditional path to and through academia thus far. As well, much of my work, education and lived experience has naturally generated a substantial interest in psychological safety and social wellness (with a side of art and heart). Hence, I join the CNSA to advocate for the safety and wellness of each student nurse and their own unique path through nursing school.

YUANJIE (BILL) ZHENG

National Conference Coordinator

I am Bill (he/him), second-year nursing student at the University of Calgary. I currently work as a harm reduction outreach worker at SafeLink Alberta, emergency shelter staff at the Calgary Drop-In Centre, and a healthcare security guard at Paladin Security. I have an interest in the intersection between addiction, mental health, poverty, and homelessness. In addressing the lack of safe space for people experiencing systemic vulnerabilities, I created Calgary's first-ever Pop-Up Care Village (c-pucv.ca), a festival that brings together case management, health services, and entertainment in one place for people experiencing difficulties to enjoy. I am also actively building a social enterprise called RadiCare Ventures (radicareventures.ca). We hire people experiencing employment barriers to perform property maintenance. In my personal life, I love to film, photograph, play piano, and I am a student pilot!

MEMBERSHIP INFORMATION

MEMBERSHIP INFORMATION

The membership year runs from December 1st to November 31st. To renew your school's membership status, the fully completed membership package must be completed and submitted by December 1st. Completed membership packages must be received for a chapter to have voting privileges at the National Assembly, and access any of the membership benefits. Fee payment gives your chapter school official status as a member and allows CNSA to exist as a national organization; the ability for CNSA to function depends upon your chapter submitting their membership forms and fees on time.

Annual Membership Fees:

- \$11 for full-time students (Undergraduate, Diploma, Post-RN Students)
- \$7 for part-time students (Undergraduate, Diploma, Post-RN Students)
 - Membership fees **must be paid in one instalment** via cheque or money order made payable to: Canadian Nursing Students' Association.

Membership Package Includes:

- Membership Form (found on the CNSA website or through your Regional Director).
- An official letter from the Faculty of Nursing or Registrar, confirming the total number of full and part-time students the chapter is claiming.

Fees MUST be paid in full

IMPORTANT: All chapter membership forms and fees must be received by **December 1st, 2023.**

Membership forms and fees must be mailed to CNSA's Administrative Officers at: admin@cnsa.ca and resource@cnsa.ca and membership@cnsa.ca

1 Antares, Suite 200, Ottawa, Ontario K2E 8A9 – effective 10/20/23

If you have any questions, please contact membership@cnsa.ca

2023-2024 CNSA OD/AD Package

MEMBERSHIP BENEFITS (2023-2024)

1. Leadership Opportunities

- a. The CNSA offers students the opportunity to pursue a multitude of leadership roles, ranging from becoming a CNSA delegate that represents your school, joining one of the many committees or caucuses within the association, or running for a position on the CNSA board of directors.
- b. As the national voice of Canadian nursing students, the CNSA represents students in several Canadian nursing organizations, including the CNA, CFNU, CASN, CNF, etc. Through our partnerships with these organizations, CNSA members are able to participate in their meetings and sit on their board of directors, bringing student perspectives to the decision making table.
 - i. Running for certain positions on the CNSA board allows you to be the official student liaison for organizations:
- c. The CNSA represents nursing students to the government, and members of the CNSA board of directors routinely meet with elected officials such as provincial premiers and health ministers to communicate the needs of nursing students.
- d. The CNSA represents Canadian nursing students in international organizations such as the International Council of Nurses (ICN) or World Health Organization.
- e. We foster connections with other nursing student associations internationally (NSNA, ENSA, KNSA), and with other healthcare student associations within Canada (CFMS, CAPSI).

2. Advocacy

- a. Members are able to get involved in advocacy within the CNSA through:
 - i. Participating in our Advocacy Committee to discuss issues that matter to them, and then participate in actions that will raise public awareness and engage policymakers to ensure student concerns are being addressed.
 - ii. Submitting policy and resolution statements to be discussed and adopted at our yearly national assembly that occurs during the National Conference in January.
 - iii. Getting elected to positions on the board that allows you to represent the interest in nursing students in national nursing organizations such as CFNU, CNA, CASN, CNF, etc.

MEMBERSHIP BENEFITS CONT'D

3. Conferences / Events

- a. The CNSA offers many opportunities for students to access conferences and professional development events throughout the year. CNSA offers limited travel funding to support participation in both internal and external conference / meeting opportunities.

Internal conference opportunities:

- i. National Conference 2024:
 - ii. Online Regional Meetings:
 - iii. National Nursing Students Week
- b. External conference opportunities:
 - i. Nurses Unions: i.e. CFNU Biennial Convention, UNA AGM
 - ii. Professional Associations: CNA / ICN
 - iii. Specialty Associations: i.e. CANO/ACIO Conference

4. Scholarships

- The CNSA offers over **\$15,000** in scholarships each year that are only available to students from our member schools.

5. Discounts

- a. CNSA members are eligible for several members-only discounts from organizations that provide test prep materials, insurance, and telecom services. Current discounts offerings include:
 - i. uWorld NCLEX-RN and NCLEX-PN Prep Materials
 - ii. The Personal: Home, Auto, & Pet Insurance
 - iii. Rogers Mobile
 - iv. *BetterHelp Online Counseling (details of the partnership being finalized)*

6. Education

- a. Opportunities for students to present their research at the National Conference
- b. Opportunities to participate in workshops/presentations produced by CNSA and/or partner organizations
- c. Opportunities to receive resources/publications produced by CNSA and/or partner organizations.
- d. Opportunity to be funded for Research Projects by the CNSA.

MEMBERSHIP BENEFITS CONT'D

7. Networking

- a. The CNSA offers students the opportunity to make lifelong connections with nursing students from across Canada through participating in the associations' activities.
 - b. Through CNSA committees, you can connect with students with shared interests
 - i. Advocacy ***
 - ii. National Conference Planning Committee
 - iii. Awards
 - iv. Governance
 - c. Through CNSA caucuses, you can connect with students that are from an underrepresented communities that you identify with:
 - i. Black Caucus
 - ii. 2SLGBTQIA+ Caucus
 - iii. Indigenous Caucus
 - iv. People of Colour Caucus
 - v. Diversability Caucus
 - vi. Francophone Caucus
 - vii. Male Caucus
 - d. Beyond involving yourself in committees and caucuses, there are several other ways to connect with students from across Canada by getting involved in the CNSA, such as participating in the CNSA National Conference in January 2024, your Regional Meeting in October 2023, National Nursing Students Week in November 2023, and other online panels and workshops the CNSA organizes throughout the year.
-

We are always looking to expand our partnerships and provide more benefits for our members!

For any questions or suggestions regarding member benefits or services, please contact the DMD at membership@cnsa.ca

COMMITTEE INFORMATION

CNSA Committees are a great opportunity to become involved in what you are most passionate about, to meet students from across the country and to develop leadership skills, so we encourage you to contact our committee chairs!

Administrative Council (AC)

The AC consists of the President, VP, and DOC. The President acts as the official spokesperson of the association, exercises general supervision over the interest and welfare of the association and chairs the EC, Board of Directors, and Board Mediation. The VP oversees the advancement of educational, research, and award activities within the association and acts for the President when the latter is unable to be present. The DOC manages the communication media of the association, including website and social media accounts, to ensure effective communication between the Board and our members as well as external communication with the public. The Administrative Officer is a non-voting member of the AC and maintains day-to-day operations of the association, including but not limited to the legal documentation of the association, maintenance of financial records, and coordinating BOD's meetings.

Our goal as an AC is to work closely and seek the guidance of the BOD to achieve the association's missions and visions. We support the BOD through reviewing, providing feedback to, and approving their work and contributions to the association. We work directly with our Administrative Officer to conduct the business of the association and its functions. Each AC member collaborates with one of our national partners (CASN and CFNU) and sits on their Board as a student representative with a voting right. This allows the AC to give insights from a student's perspective, to ensure students' voices are heard, and to influence decisions and actions on diverse pertinent issues in nursing. The EC addresses concerns brought forward by our members and provides support within the capacity of the association. This committee is not open to the general membership, but for more information please contact president@cnsa.ca.

Awards Committee

The chair is responsible for overseeing the activities of the committee as defined in the committee's Terms of Reference. The work of this committee includes, but is not limited to, reviewing current awards, creating new awards, defining application processes and selecting award recipients for additional internal awards only. The Vice President will chair the Awards Committee. For more information, please contact vp@cnsa.ca

Nominations and Elections Committee

The NEC is an internal committee that oversees the association's elections at the National Conference, as well as any by-elections that may occur throughout the term. All board members who are not eligible for re-election sit on this committee during NC. If by-elections are called, all board members sit on this committee. The NEC ensures that current election and association policies are adhered to. Our DMD chairs this committee and can be contacted at membership@cnsa.ca.

CAUCUS POSTERS (2023-2024)

There are 7 Caucus's in total (Indigenous, Diversability, POC, Francophone, Men's, Black, and 2SLGBTQ+). There are only 5 posters below as those are the 5 caucus chair positions currently filled. Should you wish to become a chair for a caucus, please email membership@cnsa.ca. Furthermore, the PNG images will be shared within the email that you are receiving this document from. Please share them with your members!

CAUCUS POSTERS (2023-2024)

The poster features a white background with a large orange border. At the top left, the title "Diversability Caucus" is written in a bold, black, serif font. To the right of the title is the logo for CNSA and AEIC, which consists of a circular emblem containing a stylized figure and the text "CNSA AEIC" below it. In the center, a black-bordered box contains the following text: "All are welcome who identify as a Canadian nursing student with a diversability", "Join to", and a list of three bullet points: "→meet others with diversabilities", "→advocate for better accessibility", and "→discuss what concerns you". At the bottom left, the text "Caucus Chair:" is followed by the email address "diversabilitycaucus@cnsa.ca".

Diversability Caucus




All are welcome who identify
as a Canadian nursing student
with a diversability

Join to

- meet others with diversabilities
- advocate for better accessibility
- discuss what concerns you

Caucus Chair:
diversabilitycaucus@cnsa.ca

CAUCUS POSTERS (2023-2024)



People of Colour Caucus

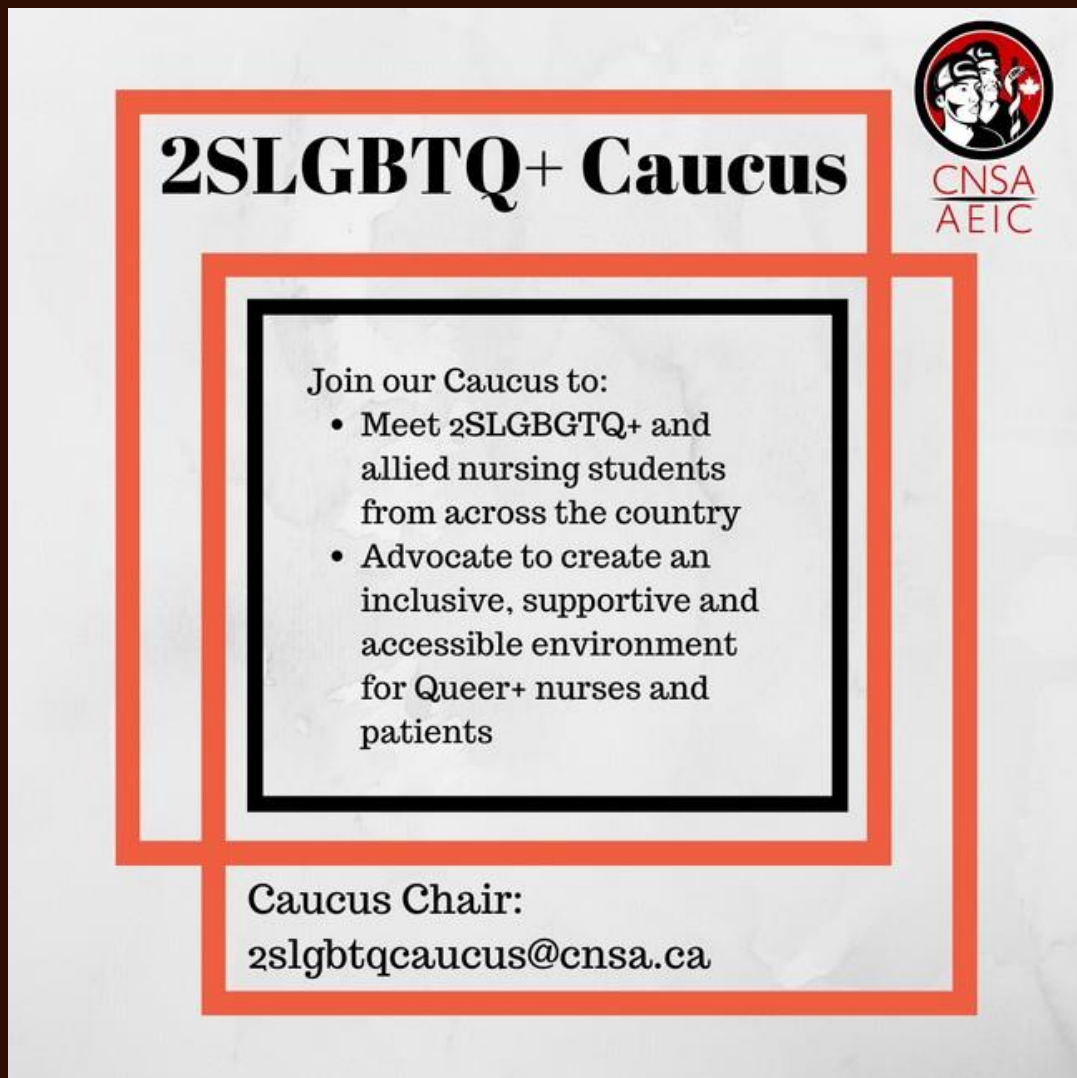
If you are a member of, or an ally to the POC community please consider joining our caucus.

Join to:

- Advocate for equitable resources that help promote the health and well-being of POC
- Discuss any concerns or suggestions you may have to help promote POC in the Canadian healthcare system


Caucus Chair:
peopleofcolourcaucus@cnsa.ca

CAUCUS POSTERS (2023-2024)



The poster features a white background with a large orange border. At the top left, the text '2SLGBTQ+ Caucus' is written in a bold, black, serif font. To the right of this text is the CNSA AEIC logo, which consists of a circular emblem containing a stylized figure and the text 'CNSA AEIC' below it. In the center, a black-bordered box contains the following text: 'Join our Caucus to:' followed by a bulleted list of two items. At the bottom, another orange-bordered box contains the text 'Caucus Chair:' and the email address '2slgbtqcaucus@cnsa.ca'.

2SLGBTQ+ Caucus



Join our Caucus to:

- Meet 2SLGBTQ+ and allied nursing students from across the country
- Advocate to create an inclusive, supportive and accessible environment for Queer+ nurses and patients

Caucus Chair:
2slgbtqcaucus@cnsa.ca

CAUCUS POSTERS (2023-2024)



CNSA
AEIC

Black Caucus

Join our Caucus to:

- Meet self-identifying Black nursing students to collaborate, network and share lived experiences.
- Advocate for various nursing initiatives and improved health care practices in Black communities across Canada
- Integrate aspects and continuing competency to shatter anti-Black racism and enact change within the schools of nursing, nursing profession and beyond.

Caucus Chair:

blackcaucus@cnsa.ca

CAUCUS POSTERS (2023-2024)

Francophone Caucus

Join our Francophone Caucus Chair to:

- Be apart of a growing community Francophone nursing students that are passionate about the healthcare field
- Advocate for the need for francophone learning materials across Canada for the licensing exam
- Advocate for various francophone nursing initiatives in order to improve nursing practices for francophone nursing students and patients

E-mail: francophonecaucus@cnsa.ca

Register Here



Caucus Francophone

Rejoins notre Caucus Francophone pour:

- Faites partie d'une communauté en pleine croissance d'étudiants francophones en soins infirmiers qui sont passionnés par le domaine de la santé
- Plaider pour le besoin de matériel d'apprentissage francophone au Canada pour l'examen de licence
- Plaider pour des initiatives de soins infirmiers francophones afin d'améliorer les pratiques infirmières pour les étudiants et les patients

E-mail: francophonecaucus@cnsa.ca

Enregistrez-vous



CALENDAR OF EVENTS

SEPTEMBER

- Orange Shirt Day – Friday, September 30, 2023

OCTOBER

- Western/Prairie Regional Meeting - TBD (indicate your availability with the PRD)
- Atlantic Regional Meeting- TBD (indicate your availability with the ARD)
- Ontario Regional Meeting - TBD (indicate your availability with the ORD)
- Quebec Regional Meeting - TBD (indicate your availability with the QRD)
- Mental Illness Awareness Week- Sunday, October 1->Saturday, October 7, 2023
- Canadian Association of Schools of Nursing AGM

NOVEMBER

- National Nursing Students Week - November 20th - 26th, 2023
 - National Nursing Students Week (NNSW) is an annual week-long event each November. The purpose of NNSW is to showcase the contributions of nursing students to their practice settings and celebrate their accomplishments throughout their program of study. If you have any questions, please contact membership@cnsa.ca. Please keep an eye out on our @cnsa_aeic social media pages for information and updates.

DECEMBER

- Membership fees due **December 1, 2023**
- Position and Resolution Statement submissions for National Conference due **December 1st, 2023**

JANUARY

- National CNSA Conference, January 17th – 20th 2024 in Edmonton, Alberta

FEBRUARY

- Social Determinants of Health Day
- Black History Month

CALENDAR OF EVENTS

MARCH

- International Women's Day, Wednesday, March 8, 2024

APRIL

- World Health Day, April 7th 2024

MAY

- National Nurses Week - May 6th -> May 12th 2024
- International Nurses Day, Friday, May 12, 2024
- Canadian Association of Schools of Nursing- Canadian Nursing Education Conference 2024 (TBD)
- Community Health Nurses of Canada Conference

JUNE

- Canadian Nurses Association AGM
- National Indigenous Peoples Day, Wednesday, June 21, 2024
- International Pride Month
- Canadian Federation of Nurses Unions Biennial Convention 2024 – (TBD)

JULY

- International Council of Nurses (ICN) Congress 2024. (TBD)

AUGUST

- National immunization Awareness Month

NNSW (NOV. 20-26) 2023

National Nursing Student's Week (NNSW) is an annual week-long event held each November and promoted by the Canadian Nursing Students' Association (CNSA). This week is used to showcase the contributions of nursing students to their practice settings and celebrates their accomplishments throughout their program of study.

This year's theme aims to foster unity among nursing students pursuing diverse paths within the Canadian healthcare system. As aspiring Registered Practical Nurses (RPNs), Registered Nurses (RNs), Nurse Practitioners (NPs), and internationally educated nurses (IENs) furthering their studies in Canada, we recognize that each of us brings a unique rhythm to the symphony of healthcare. Our theme "**Harmonizing Nursing Excellence**" signifies our commitment to work together, learn from one another, and embrace the differences that make our nursing community strong. Throughout the week, we will explore the various career paths within nursing and emphasize the importance of collaboration and understanding among all nursing specialties. Let's come together as one collective force, showcasing the power of unity in healthcare, and nurturing the shared heartbeat that drives us all towards excellence in patient care.



NATIONAL CONFERENCE 2024 - JAN. 17-20



The theme of the 2024 National Conference is “**Nursing Without Limits: Exploring the Endless Opportunities.**” We will be showcasing nurses who practice in a wide range of specialties at the bedside, as well as nurses who work outside clinical settings in the areas of research, education, policymaking, and more! We are excited to present multiple interactive sessions, including nursing specialty “speed dating”, how to become a nurse practitioner, knowing your rights as a nursing student, getting involved in nursing research, and navigating the transition from nursing student to a new graduate nurse. For more information, please contact coordinator at conference@cnsa.ca

Besides the exciting speakers and workshops, we have planned, there are more reasons to be excited for the National Conference:

⇒ **National Assembly** ⇒ **Scholarly Showcase**

⇒ **Exhibitors** ⇒ **Networking & Social Events**

OD/AD SUCCESS GUIDE

As an OD or AD, you should be able to give a quick and concise explanation to students and faculty about what CNSA is (this package is a good start)! You should have an “elevator pitch” or a brief message about who we are, what we do, and what the membership benefits are. Being able to clearly explain your organization is essential when recruiting new students and gaining support from faculty.

ODs and ADs are the liaison between the BOD and the students, and the students are our strength! Therefore, it is important that you disseminate the information passed along to you to the rest of your student body.

Send an email to your Regional Director introducing yourself and send monthly reports on your chapter school. Tell us all the great things you're doing! Regional Directors are your greatest resource for support and information, and they are here to facilitate your chapter's success!

Create a CNSA bulletin board at your school in an area where all students will be able to see. Add CNSA information, meeting times, conference dates, and contact information. You can also include information on CNSA benefits and pictures of NNSW, CNSA events, conferences, etc.

Create a CNSA Facebook page for your chapter and showcase the activities that your group is involved in. Use your page as a chance to share/connect with other chapter schools to get ideas. Ensure you keep the pictures and information posters onto your page unbiased and professional. Make it a goal that every student in your chapter engages with the official CNSA page, knows about the committee pages, and your own chapter's Facebook!

CNSA is a member-driven organization, and it is important to us that our members are actively engaged and involved in CNSA-led initiatives. Make sure you know your students by name. CNSA is a community and knowing your community members demonstrates your commitment and leadership to your chapter school and its members.

OD/AD SUCCESS GUIDE (CONT'D)

Get involved with an orientation at the beginning of each year for new students and showcase your leadership as a CNSA representative. Use this time to educate students on the importance of student involvement and advocacy at the local, regional, and national levels.

Go around to classes and tell students about the scholarships, research contests, committees, and the many other opportunities that CNSA offers so that every student can find a passion!

Collaborate with other nursing student groups on campus to plan and host events and seminars. Many CNSA members are a part of multiple groups across campus, there is no need to pick and choose! Utilize the strengths of each group for success.

Hold regular meetings at your school and make meetings open to all students. Give advance notice of the time/date/location and create an agenda beforehand.

Gaining faculty support is central to a successful and thriving CNSA chapter school. Schedule a meeting with your Dean and work together to determine how you help facilitate positive student- faculty relationships. Attend faculty meetings and have an info -session to educate your faculty on CNSA and how they can best support your goals. Demonstrate all of the wonderful leadership opportunities available through CNSA and discuss the potential of using CNSA work in a committee or through advocating as a project for a class.

Let' s get as much student representation at our regional and national conferences! Familiarize yourself with all the financial resources that your school offers to help students attend conferences. Connect with your faculty, student union on campus, local partners and businesses to explore sponsorship opportunities. CNSA has a Sponsorship Policy that can be found on the website so be sure you have read and adhered to it.

OD/AD SUCCESS GUIDE (CONT'D)

Here are some ideas that other schools have done in the past:

- Contact partners in your area (nursing colleges, unions, and associations) and introduce yourself. Attend partner meetings and encourage a collaborative relationship. Your Regional Directors frequently share upcoming partner events via social media and email so contact them if you have any questions.

Prepare yourself for the National Assembly by reading through our governing documents (Policies & Procedures, Rules and Regulations, Bylaws, and Strategic Plan). All publications can be found on the CNSA website. Be sure to review the National Assembly Package that will be provided to you as this contains the agenda and all the items to be discussed. A good resource to use during the conference is the Quick Guide to Bourinot's Rules of Orders that is included in this package. Most importantly, ensure that all your students know about position and resolutions statements (they can submit their own!), the national team opportunity, call for abstracts for conferences, the scholarly showcase, as well as all the details about the conference!

THANK YOU,
MERCI,
MIIGWECH
AND
WELCOME TO
THE CNSA!

