



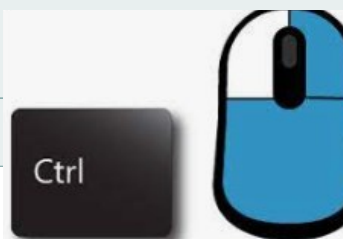
ERC Newsletter

We have turned the page on Summer and enter Fall with cooler temperatures and shorter days ahead. The library and computer labs are filled with users each day. Pats on the back to *all of us* for not giving up and plugging along to reach our goals. In this issue we will focus on the road ahead. Is there a scholarship award waiting for you? We will explore funding for your future. It is all about next steps and providing some informative links to guide you to the career of your dreams. We take a look at resumé writing and share what information you can find on the California Board of Registered Nurses site. BRN questions and concerns? We will cover that too!

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There are many links in this newsletter. Hover over the link and Ctrl+Click to open in a new page.



GET READY, APPLICATION SUBMISSIONS FOR FAFSA 2023-2024, OPEN OCTOBER 1, 2022



WHEN SHOULD YOU APPLY

If you plan to attend college from July 1, 2022-June 30, 2023

You will submit the 2022-23 FAFSA form

You can submit the FAFSA form from October 1, 2021-June 30, 2023

You can start applying for the 2023-2024 award year, beginning **October 1, 2022**. You will use your **2021 tax return** to prepare your FAFSA application. If you are under 24 years old, a parent must also sign your application. The Financial Aid Office at CONAH receives the applications after review from The U.S. Department of Education. The applications determine your financial aid award, which then guides the Financial Aid Office to recommend additional grants and student loans that you may qualify for. It is imperative that you use **school code ID 006165** when completing your application.

The California Dream Act Application (CADAA) should be submitted for undocumented students, DACA recipients (valid or expired), U Visa holders and students under Temporary Protected Status. Please re-

member to advise the Financial Aid Office if you qualify for this aid as it will be used to determine your financial aid award.

Students should only complete one application; either FAFSA or CADAA, not both.

Please visit www.studentaid.gov if you are a US Citizen, permanent resident, eligible non-citizen or T Visa holder.

Visit <https://dream.csac.ca.gov> if you are undocumented, have a valid or expired DACA, U Visa holder or have Temporary Protected Status.



CTRL+Click over links to open in a new tab.

Are you considered a dependent or independent student when it comes to the FAFSA form? Find out at StudentAid.gov/dependency

NEW PODCAST SERIES: THE FUTURE OF NURSING PODCAST



In this 8-part series from the National Academy of Medicine, we explore practical strategies for the nursing profession to advance health equity. We'll hear stories and experiences of frontline nurses and other health experts from a wide range of settings. These strategies reflect the recommendations from the report [The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity](#).

Listen Now, Ctrl+Click to go to the [National Academy of Medicine](#), or download from Apple Podcasts, Spotify, Google Podcasts, and more.

Episode 1: The Introduction to The Future of Nursing 2020-2030

Episode 2: Health Equity

Episode 3: Preparing Nurses to Better Understand and Address Health Equity

Episode 4: Fully Support Nurses

Episode 5: Lifting Nurse Practice Barriers

Episode 6: Creating a Shared Agenda

Episode 7: Strengthen and Protect Nurses

Episode 8: The Goal for 2030

FINANCIAL AID SCHOLARSHIP OPPORTUNITIES

There are plenty of sites on the internet that can help you boost your financial aid award through scholarships. The Financial Aid office has shared some outside scholarship opportunities with links to help you apply.

1. Michael Antonovich (open enrollment): <https://dhs.lacounty.gov/office-of-nursing-affairs/home/nursing-incentives/antonovich-scholarship-program/>

2. Semester 3 and 4 students
QueensCare <https://queenscare.org/grants-and-scholarships/scholarships/>

3. Horatio Alger Association <https://scholars.horatioalger.org/about-our-scholarship-programs/technical/>

4. Council of Black Nurses - open to all students <http://www.councilofblacknurseslosangeles.org/2022-scholarship-application.html>

5. HCAI (Health Care Access and Information): <https://hcai.ca.gov/loans-scholarships-grants/scholarships/>

A. RNs and LVNs: Associate Degree Nursing Scholarship Program
<https://hcai.ca.gov/loans-scholarships-grants/scholarships/adnsp/>

B. LVNs: Licensed Vocational Nurse to Associate Degree Nursing Scholarship Program <https://hcai.ca.gov/loans-scholarships-grants/scholarships/lvnadnsp/>

Sallie Mae® Scholarship Search

Spend less time searching—get matched to scholarships based on your skills and interests.

Register for free at
salliemae.com/scholarshipsearch



Scholarship Scam Warning Signs

- 1 Unsolicited Offers**
Don't ever trust anyone calling out of the blue with scholarship money.
- 2 Fee Request**
You never EVER have to pay to receive a scholarship.
- 3 Limited Time Offer**
Legitimate scholarships don't place pressure on applicants.
- 4 Hunting For Personal Information**
Other than very basic information, do not provide compromising private details.
- 5 Non-Existent Eligibility Requirements**
Don't fall for a scholarship without any strings attached.
- 6 Lack Of Provider Contact Information**
Don't fall for 'don't call us, we'll call you'.

CTRL+CLICK [RESUMÉ GENIUS](#) FOR THE ENTIRE ARTICLE WITH LINKS!

A BREAKDOWN OF 5 CURRENT RESUMÉ TRENDS FOR 2022



Best resumé builders in 2022:

- Zety
- LiveCareer
- Resume Genius
- MyPerfectResume
- ResumeLab
- ResumeNow
- EnhanCV
- ResumeHelp
- ResumeNerd
- Wozber
- Resumonk
- VisualCV
- Kickresume
- FlowCV

Top 10 Tips for Creating a Great Nursing Resumé

- Be specific, not generic
- Keep an eye on length
- Proofread, proofread and proofread
- Highlight success
- List computer skills
- Indicate facility and unit type
- Be keyword friendly
- Include education
- Don't forget volunteer experience
- Pay attention to detail

1. Resumés are becoming more skills-focused

Most resumes follow a chronological format that emphasizes work experience. But choosing a different [resume format](#) may work to your advantage. If you lack professional experience in a field but have relevant skills to showcase, consider using a [skills-based resume](#) or a [combination resume](#).

2. Your online presence matters

Start by [adding your resumé to LinkedIn](#). This resumé trend makes your professional information more accessible to recruiters and increases the likelihood that they'll reach out to you.

3. Resumes targeted at specific jobs are more likely to succeed

Use each [section of your resume](#) to incorporate these keywords, including your:

- [resume introduction](#)
- [education section](#)
- [work experience section](#)
- [skills section](#)



Hover over **green** links.

Ctrl+Click to open

You will be directed to a new page.

4. Work experience is changing

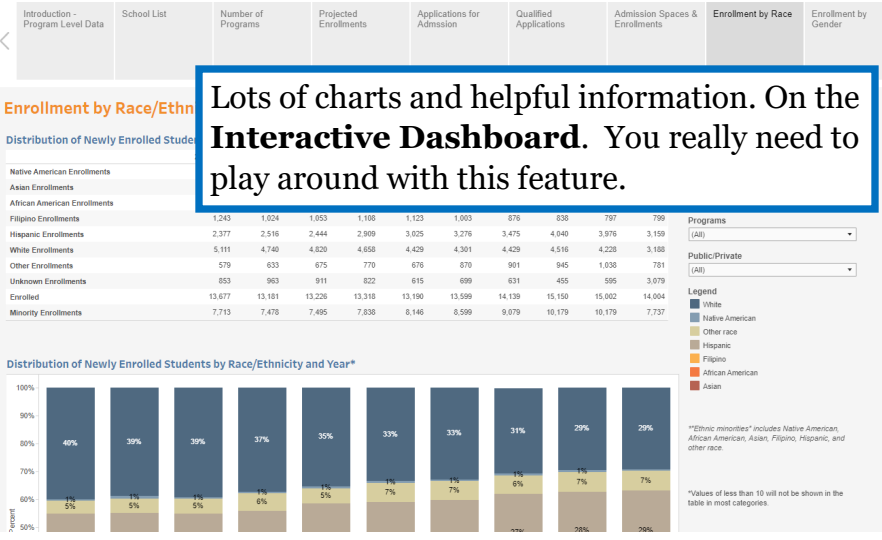
If you've taken courses and acquired new skills, you can list them specifically under a [continuing education](#) or professional development section. Including such information shows employers that you're a motivated self-starter who is eager to learn and grow.

5. Automated application processes continue to grow

[Applicant Tracking Software \(ATS\)](#) is expected to experience sustained [growth](#) through 2029.

Greater automation means candidates should make sure they're writing [ATS-friendly resumes](#) and cover letters that use easy-to-scan formats (.docx or .pdf). These systems are often used to filter candidates before hiring managers get a chance to see applications. Ensure your resume is set up to make it past the first automated rounds of screening, and you've already made it further than many other applicants.

"A learning organization is an organization that is continually expanding its capacity to create its future." ~ Peter Senge



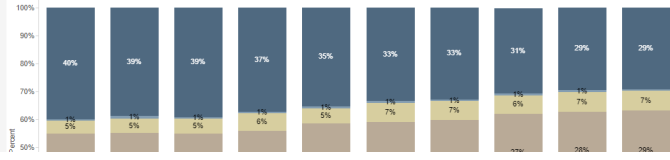
Introduction - Program Level Data | School List | Number of Programs | Projected Enrollments | Applications for Admission | Qualified Applications | Admission Spaces & Enrollments | Enrollment by Race | Enrollment by Gender

Enrollment by Race/Ethnicity

Distribution of Newly Enrolled Students

	1,243	1,024	1,053	1,108	1,123	1,003	876	838	797	799
Native American Enrollments	2,377	2,516	2,444	2,909	3,025	3,276	3,475	4,040	3,976	3,159
Asian Enrollments	5,111	4,740	4,820	4,658	4,429	4,301	4,429	4,516	4,228	3,188
Filipino Enrollments	579	633	675	770	676	870	901	945	1,038	781
Other Enrollments	853	963	911	822	615	699	631	455	595	3,079
Unknown Enrollments	13,877	13,181	13,226	13,318	13,190	13,569	14,139	15,150	15,002	14,004
Minority Enrollments	7,713	7,478	7,495	7,838	8,146	8,599	9,079	10,179	10,179	7,737

Distribution of Newly Enrolled Students by Race/Ethnicity and Year*



Legend: White, Native American, Other race, Hispanic, Filipino, African American, Asian

*Ethnic minorities includes Native American, African American, Asian, Filipino, Hispanic, and other race.

*Values of less than 10 will not be shown in the table in most categories.

Lots of charts and helpful information. On the **Interactive Dashboard**. You really need to play around with this feature.

Concerns about being a pre-licensure student and first time applicant for licensure in California with a history of criminal conviction?

The complete webinar Q&A video is here:
<https://youtu.be/SHRKNbgmb-c>

Q: My criminal conviction was more than seven years ago. Under the new law, should I expect a delayed response from the BRN?

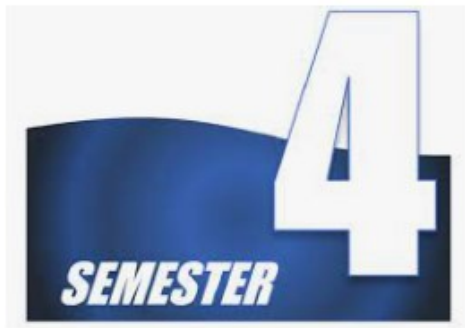
A: All applicants with a history of criminal conviction, regardless of age, will have their application referred to the Enforcement Division. If the convictions are over 7 years old and/or the conviction was later expunged, the Enforcement review will be very brief and the applicant should not expect a delayed response. Any conviction defined as a “Serious Felony” will have a full enforcement review, regardless of how old it is.

Q: If my conviction was more than seven years ago, do I still have to mark “Yes” to the criminal conviction question on the application?

A: Yes. The new law regarding criminal convictions does not start until July 1, 2020. Applicants must still truthfully answer the question on the application. After July 1, 2020, this question will no longer be on the application for licensure.

Q: Should I have my record expunged before applying for licensure?

A: The BRN Enforcement division cannot consider any criminal conviction that has been expunged or dismissed pursuant to Penal Code Sections 1203.4, 1203.4a, 1203.41, or 1203.42., including convictions within the 7-year timeframe. Any applicant may pursue expungement of their criminal record if they are eligible. The applicant will have to weigh the time needed to process an expungement versus the time to obtain the records for the enforcement review.



When it is time to get licensed, this is what you need to know:

Application Fee for Registered Nurse Examination \$300

[Click to open the application instructions.](#) Application instructions also include associated forms that may be attached to online application as needed.

Register for a [BreEZe](#) account, if you have not done so previously.

NCLEX Registration fee \$200

The NCLEX is offered at several [test centers](#). You can schedule an appointment at a test center either [online](#) or over the phone by contacting Pearson VUE [NCLEX Candidate Services](#)

Live Scan Locations

You will need to complete a new fingerprint submission via the Live Scan process if you do not have current fingerprint results on file for both DOJ and FBI levels of service. Keep one (1) copy of the completed Live Scan form for your records as the Board may request you to send or upload a copy of the form to your BreEZe account if your results cannot be located.

[Request a Live Scan form](#)
[View a list of Live Scan locations](#)

NEW LAPTOP LOANING!

The ERC is happy to announce a new service for all students. Through the CARES Act of 2019-2020, CONAH was awarded monies that have been invested into new laptops. The ERC can now lend you a HP Elitebook touchscreen laptop for a semester at a time. The process is simple, you sign LA County forms agreeing to the terms of the loan, you log on once from campus, and you check-out at the Circulation Desk as you would a book. Laptops come with a charger and are serviced through Enterprise Help Desk (323) 409-8000.



CREATING THE FUTURE BY LEADING THE WAY

The California Nursing Students' Association (CNSA) is a constituent chapter of the National Student Nurses' Association (NSNA).

CNSA is composed of over 5,000 members who are committed to seeking optimal educational, developmental, and professional growth within today's various health care settings.

Membership in CNSA is automatic when you join NSNA. Your membership strengthens the voice of nursing students on the state and national levels.

JOIN CASA/NSNA TODAY!

VISION

California nursing students: creating the future by leading the way.

MISSION

California Nursing Students' Association, Inc., is a statewide community advancing the transition of the student to professional nurse through leadership development, education, mentorship, advocacy, activism, and stewardship.

For more information, visit <https://cnsa.org>.



Burnout Signs for Nurses



Cognitive

- Focusing or thinking clearly
You find yourself not listening while taking a patient history.
- Remembering details or conversations
You have difficulty remembering the medical orders, that you just read.
- Making decisions or problem solving
Simple questions like, "What do you want for lunch?" are too much.



Physical

- Sleep
You have trouble falling asleep or staying asleep. You wake up feeling unrested.
- Gastrointestinal issues
Your bowel movements are no longer regular.
- Headaches
You find yourself taking pain killers for headaches with increasing dosages and frequencies.



Emotional

- Depersonalization
You stop seeing your patients as people, but as tasks that you need to get through (take vitals, medicate, next).
- Irritability or frustration
You don't have the patience for others or changes in your routine.
- Emotionally Numb
You stop caring and spend your days going through the motions of work.



Behavioral

- Risk-taking
You stop using PPE.
- Reduced capacity to support your team
When someone requests support, you don't respond, hoping someone else will.
- Misuse of drugs or alcohol
You self-medicate to get through the day. The evening glass of wine is a daily bottle.