

WELCOME TO OUR
Weekly Newsletter
Hook 'em



HAPPY SPRING SEMESTER

Meeting Dates

- Thursday Jan 26th @6pm (1.108) - with Dr. Hernandez and Yuri
- Thursday Feb 9th @6pm (1.108) - with Yaritza Ruiz
- Thursday February 23rd @6pm (1.108) - with Lauren Sanchez, LCSW (Care Counselor)
- **Thursday March 9th @6pm (1.108) Virtually - OFFICER ELECTIONS**
- **Thursday March 23rd @6pm (1.108) - Grad Student Presentation**
- **Thursday April 6th @6pm (1.108) - BANQUET**

Member Requirements

AKA: HOW TO GET INVOLVED!

1. You must attend 4 general meetings
2. You must attend 3 social events
3. Must obtain 6 volunteer pts (3 hours with HNSA)



Social & Volunteer events

VOLUNTEER WITH US AND ATTEND A SOCIAL EVENT TO GET TO KNOW YOUR PEERS AND OFFICERS!

Picnic at the tower!



We had a picnic on the lawn this week! Thank you HNSA for such a great turn out!



Refugee Services

MULTIPLE ORIENTATION DATES

Help set up an apartment for a newly arrive refugee. Options: cultural orientation, English language classes, and Child care.

4300 N. LAMAR BLVD



Vestido Rojo

03/1/2023

Assist with blood glucose checks and blood pressure. Demonstrate Hands-Only CPR.

MARRIOTT OF SOUTH AUSTIN

IM Volleyball



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Come support our intramural sports team!
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Tuesdays at 6 @ the Rec Center
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Guest Speaker

CARE Counselor for the School of Nursing and Dell Medical School



Education: 2011 (Undergrad); 2014 (Master's)

Specialty: Therapist, Care Counselor

Words of Wisdom: Understanding who you are is the best gift you can give yourself.

Note from Lauren: I look forward to speaking with you all about Imposter Syndrome. This may be a topic you all are familiar with but to help us get a better understanding of how you compare to others, please complete the test below, and view the scoring instructions afterward.

Clance Imposter Phenomenon Scale (CIPS):

<https://paulineroseclance.com/pdf/IPTestandscoring.pdf>

For more information visit Dr. Clance's website:

https://www.paulineroseclance.com/impostor_phenomenon.html

Your Guide to HNSA resources

1. Scholarships

1. [NAHN](#)
2. [School of Nursing](#)



2. Opportunities

1. Spanish digital Heart Game: looking for 2 research assistants.
2. Office applications are open!



Check your points!



<https://sites.utexas.edu/hnsa/>

A note from your secretary

HI HNSA!

Thank you for reading our latest newsletter! Make sure to read after meetings for a recap of all our events and ways you can get involved in your community! Feel free to reach out if you want to chat! :)

Your Secretary,

Alejandra Ponce.

We're on Instagram and Facebook!



@HNSA_UT



Hispanic Nursing Student Association
(Official Page)



Join the Group Me!



Join the new Canvas page!

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