



## Khate Matias

2018-2019 *Communications Director*  
California State University, Sacramento  
Graduation: May 2019

Hello fellow student nurses!

My name is Khate Matias and I am humbly honored to serve you all as your 2018-2019 CNSA Communications Director! I began my nursing journey at Sacramento State in August 2017 and will complete the program in May 2019. I instantly knew I wanted to be a part of CNSA when I heard that the organization is run by student nurses who strive to aid in the success of fellow student nurses. I started my involvement in my local chapter serving as a student liaison between my cohort and our faculty for 2 terms, and I will be finishing nursing school serving as my chapter's Historian, for another 2 terms.

Since I started nursing school, not a single day goes by wherein my nursing student peers have not left me awestruck! Nursing school is a tough feat. Even popular nursing related social media pages have circulating memes that depict the daily struggle that many of us share during the school year. One of my favorite memes reads, "Eat. Sleep. Go to clinical. Freak out. Study for exams. Freak out. SLAY. Repeat." This is my favorite because it describes that although nursing school is tough, nursing students still manage to get the job done and "slay!" Despite learning the same skills and applying the same theories, each student has their own way of surviving and thriving in nursing school, while impacting the lives of their patients and communities on a daily basis; hence slaying! This in and of itself is what drives me to serve as your communications director. It is my goal to show the social media community just how wholesome the nursing profession is because it is filled with compassionate, intelligent, and relentless future health care professionals.

During my term, I aim to start a social media movement that showcases the multifaceted student nurse through:

- Revamping our CNSA website to include resources for local CNSA chapters
- Starting a hashtag trend for student nurses
- Reaching our ~6,000 members with interactive email blasts
- Incorporating the experiences of nursing alumni as a resource for student nurses

I would love your help in achieving these goals! Please do not hesitate to contact me at [comms@cnsa.org](mailto:comms@cnsa.org) if you are interested in joining my Communications Committee!

I believe that one can never make too many friends, especially nursing friends, so please contact me if you would like to talk about CNSA outreach, nursing school or life in general! Keep slaying fellow student nurses! I hope to hear from you all soon!