

Kaitlin Suchanek

Membership North Pre-Slated Candidate

Tell us why you are passionate about CNSA.

I believe it is valuable for everyone to have a community that will invest in them during both uplifting and trying times. The CNSA is a community that I am passionate about for this very reason. In being part of the CNSA, nursing students like myself find a sense of camaraderie and are motivated to further our leadership skills, grow in our educational endeavors, and receive resources to be stronger advocates in our nursing profession.

Why do you think you are the best fit for the position you are running for?

I am an the best fit for Membership Director North because I am passionate about helping students get connected with the resources they need to succeed. When I started my nursing journey, I felt alone and anxious in response to the competitive pre-nursing culture at my university. This has since fueled my desire to facilitate a mentorship program for all students interested in nursing at Sonoma State University. In the same way, I aspire to use my role as Membership Director North to provide colleges throughout California with the resources and support they need to establish or grow their NSNA chapter.

What leadership experience do you have that will help you serving on the CNSA Board of Directors?

I currently serve as the Mentorship Director for the CNSA Chapter at Sonoma State University. It is through this role that I have matured in my ability to facilitate mentoring events, host Q&A sessions for Pre-Nursing students, and organize volunteers for first year student skills labs. As a lifetime member and Gold Award Recipient in Girl Scouts (equivalent to Eagle Scout in Boy Scouts), I have had over 13 years of experience planning events, working on a team as both a leader and member, and serving my

community. All these experiences have prepared me to serve my peers on the CNSA Board of Directors and perform my duties as Membership Director North with excellence.

Provide an example of a time you had a conflict with a peer and how you resolved it.

During a group presentation, a peer and I had difficulty seeing eye-to-eye on how to teach our cohort about cultural competency in psychiatric nursing. While I wanted to facilitate an open-ended discussion, this student doubted my technique, saying that my portion needed to be more structured. Her remarks left me feeling inadequate and diminished my confidence. We resolved our difference by both taking the time to emphasize with one another's point of view. In the end, I was able to adapt my portion of the presentation to better meet the needs of my team member, and she was able to do the same for me. The result was an effective presentation.

How has being involved in a student nurses association impacted your nursing education?

I am someone who learns best by doing. In being part of the CNSA and NSNA, I have benefited by putting my nursing school curriculum into action through volunteer events, research, and conferences.

How do you think CNSA could be more involved at the chapter level?

Having been a part of my school's CNSA chapter for 3 years, it wasn't until this semester that I've really gotten to understand what the CNSA really is. I think it would be beneficial for the CNSA to improve outreach techniques to members. As Membership Director North, I want to help chapters become more aware of the resources the CNSA has to offer, including breakout sessions and networking events.

These resources are extremely valuable, and ones that I wish I had known about much sooner.

Please write a short bio about yourself and your personal goals in your career as a nurse.

My name is Kaitlin Suchanek, and I am in my last year of the Pre-Licensure BSN Program at Sonoma State University. I have been involved with the CNSA chapter at my school for 3 years, and have enjoyed serving as the Mentorship Director for 2019. I am not sure where my nursing journey will take me, but my current dream is to become a Labor and Delivery nurse upon graduation.