

# Student Nurse Political Action Day

## Event Agenda

Tuesday, April 5, 2022 at 8:00am CT - 2:30pm CT

**i** All times listed in Central Time (US & Canada).

## Tuesday, April 5, 2022

8:00am - 9:45am

### Registration and Exhibit Hall

Registration including Poster Contest Registration and Exhibit Hall

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9:45am - 10:00am

### Welcome

Elizabeth Aquino PhD, RN, ANA-Illinois President Pam Godsil, SNAI Legislation Director

### INTRODUCTIONS

ANA-Illinois Board, PAC Board, ANA-Illinois volunteers, SNAI Board

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10:00am - 10:15am

### Roll Call of Schools

Roll call of schools and registration for Door Prizes

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10:15am - 11:15am

### Keynote Session - Finding Balance in Chaotic Times

Feyifunmi 'Feyi' Sangoleye PhD, RN

1.0 CE Credit

The demands of school, work, and life have become layered with the chaos of a global pandemic. We are juggling the same balls but now they are blazing hot with no signs of relief. Society still expects nurturers, caretakers, and nurses to smile while trying to keep our hero capes flowing. While we are trying hard to remember why we took on this responsibility. How do we maintain our sanity in the midst of the chaos? How do we care for ourselves while caring for others?

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11:15am - 12:00pm

### Healthy Stress Management

Pam Godsil, SNAI Legislation Director

0.75 CE Credits

Nursing school is stressful, Nursing is stressful. LIFE IS STRESSFUL. It can be managed in healthy ways. During the presentation, we will discuss stressors related to nursing school and working as a nurse. We will then share ideas on how to combat that stress to be a successful student and effective professional.

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12:00pm - 1:00pm

### Lunch

Box Lunch & Visit Exhibits

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1:00pm - 1:45pm

### Hot Topics: What's Happening in the 102nd General Assembly

0.75 CE Credits

This session will include an update from the ANA-Illinois Lobbyist on important bills and issues that are being addressed during the 2022 Legislative Session.

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1:45pm - 2:00pm

### Door Prizes & Poster Contest Winners Announced

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2:00pm - 2:15pm

Closing & Evaluations

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2:00pm - 2:15pm

March to the Capitol

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2:15pm - 2:30pm

Rally at the Capitol