

It's nice to meet you!

Why would someone need/want to contact you?

Volunteer opportunities in event medicine (CONTACT Music Festival, FVDED in The Park, Vancouver Half Marathon, IRONMAN, etc.)

What's your best piece of advice?

Take advantage of ESN opportunities to explore a speciality, consolidate your skills, and help secure your ideal practicum placements.



Why would someone need/want to contact you?

If you have questions/concerns about the NUS :) Or if you just want to make a new friend ❤️

What's your best piece of advice?

Keep track of all of your assignments/due dates/exams on a Google Calendar 🥰 super helpful for planning ahead!



Why would someone need/want to contact you?

To chat and say hi! We can talk about courses, clinical or food :)

What's your best piece of advice?

Take your time to rest, relax and enjoy activities outside of nursing school. Rest days are also productive days!



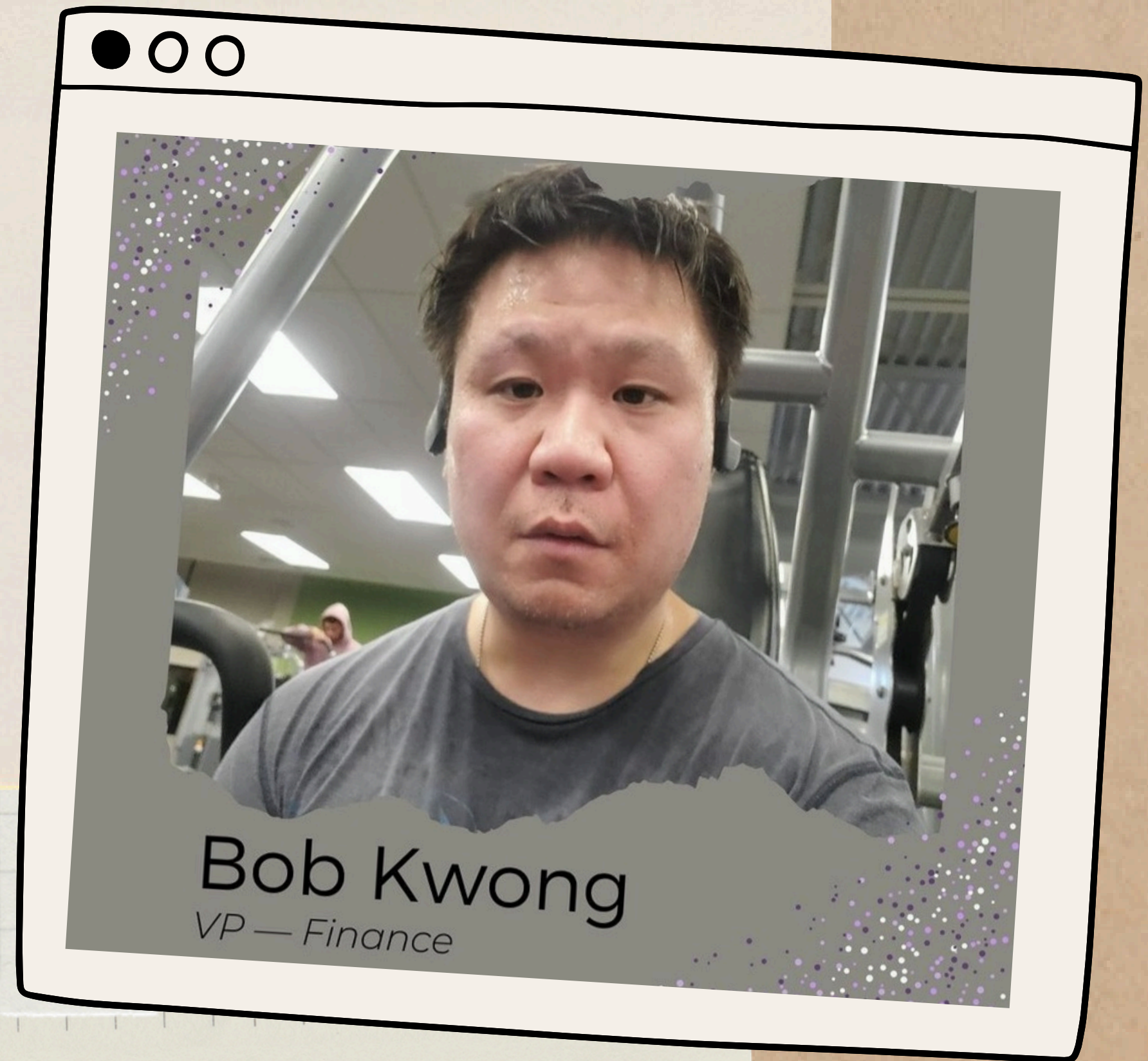
Why would someone need/want to contact you?

If you need academic support, or if you have course-related concerns you would like me to bring to a professor, let me know



Why would someone need/want to contact you?

Money, relationship advice, life advice, workout stuff, real estate, meaning of life, etc.



Why would someone need/want to contact you?

Any questions/concerns you'd like addressed by Nursing Organizations, such as BC Nurse's Union (BCNU)!

What's your best piece of advice?

Find activities that allow you to take your mind off nursing school entirely, and commit to them (at least weekly)!



Why would someone need/want to contact you?

If you are interested or have any concerns related to BCNU/BCCNM, let me know :)

What's your best piece of advice?

Make sure to celebrate all the little/big achievements you make!





Why would someone need/want to contact you?

Contact me if you have any leads on cool community harm reduction programs, want to talk social justice/social determinants of health, dish on the role of queer healthcare workers, or swap cycling routes around the city!

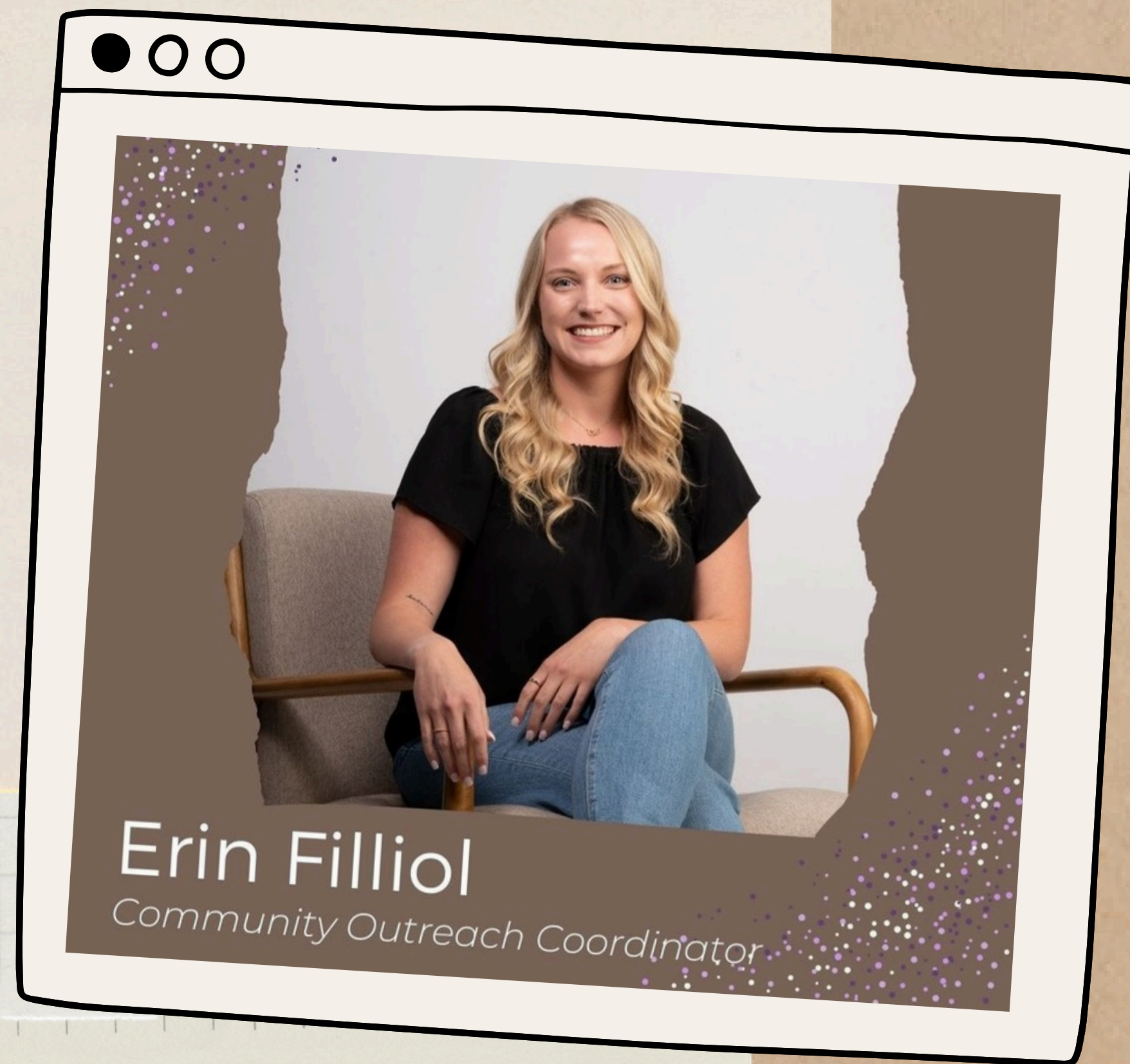


**Delacey Tate**

*Community Outreach Coordinator*

Why would someone need/want to contact you?

Please feel free to contact me if you have an idea for a partnership, fundraiser, or event to support our community, or just want to get involved

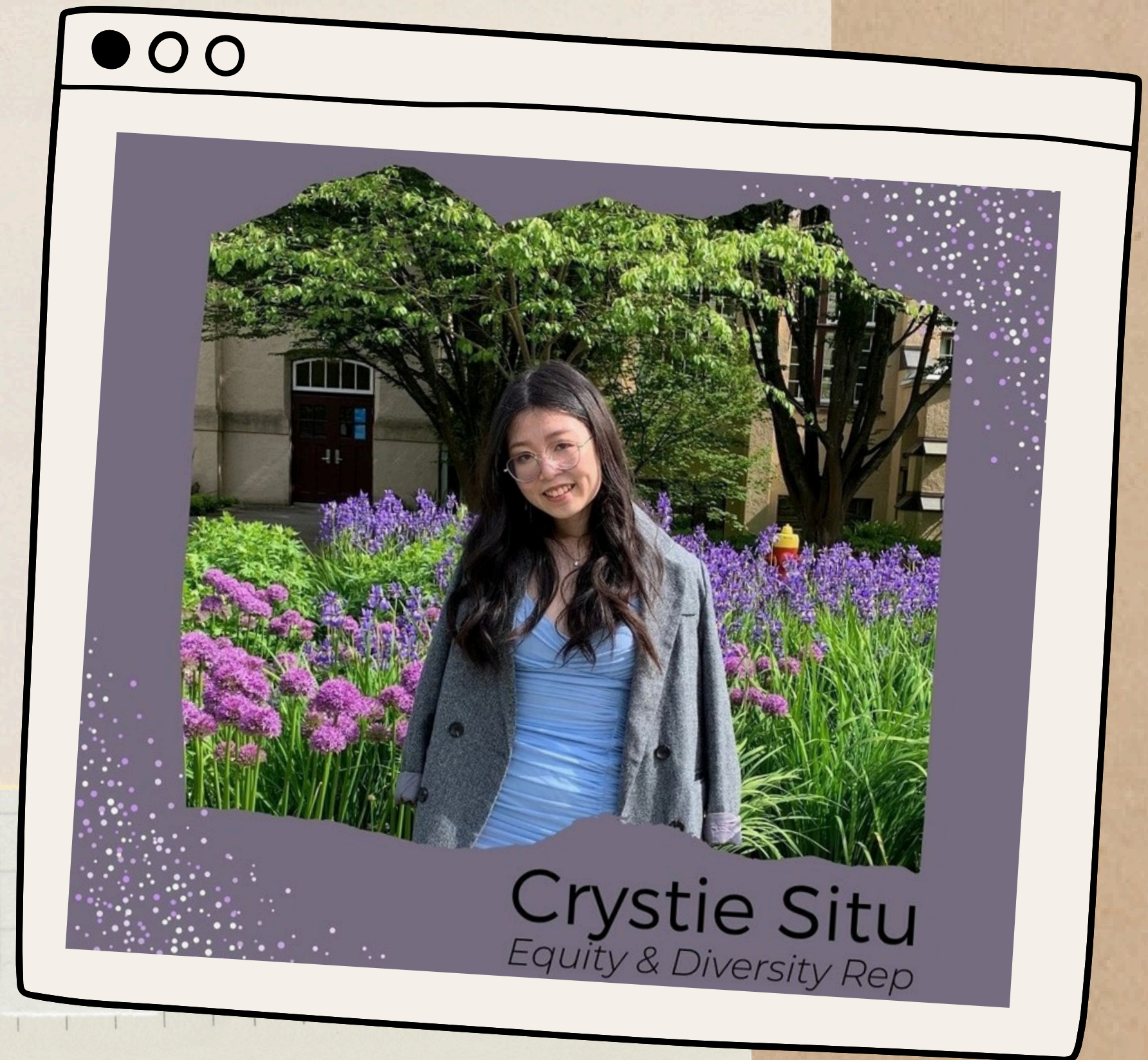


Why would someone need/want to contact you?

If you face an issue involving racism, discrimination (whatever the reason), learning accessibility, or other inequity at UBC SoN, reach out! Also am just happy to talk about what we do and its importance!

What's your best piece of advice?

Use all the resources available to you! Open labs, friends, professors, clinical instructors etc. Everyone is super welcoming and eager to help you succeed. There are plenty of online resources as well :)



Why would someone need/want to contact you?

If you have an equity/diversity concerns about anything in our program, or if you want any information on resources available to you, please don't hesitate to reach out!



**Jada Ollivier-Gooch**  
*Equity & Diversity Rep*

Why would someone need/want to contact you?

If you have something that needs to be shared with the SoN students, something for the newsletter, or aren't sure who to talk to, feel free to reach out!

What's your best piece of advice?

Take time to do things that you enjoy that are not school related.



Why would someone need/want to contact you?

Do reach out to me if you're curious about the Student Health Caucus, interprofessional training opportunities, or if you are interested in being a part of the interprofessional case competition! Please let me know if you have any feedback on how to improve IPE training/events too!



Why would someone need/want to contact you?

If you have any questions about orientation or suggestions for it, let me know! :)

What's your best piece of advice?

You might feel like you have a lot of free time during clinical since you are limited in the skills you can perform (especially in term 1). The free time is a great privilege so use that time to get to know your patients better, perform more thorough assessments, and work on having a better understanding of the causes that led to their admission/pathophysiology :)



Why would someone need/want to contact you?

If you have any questions about orientation or about what the program is like/what to expect, let me know!

What's your best piece of advice?

Don't procrastinate studying!!





Why would someone need/want to contact you?

Anything related to UBC Nursing merch!

What's your best piece of advice?

Prioritize sleep! You'll need it :)



Why would someone need/want to contact you?

Contact me for pretty much anything! If you're having a tough day and need someone to talk to, if you're wanting to get connected with some support, or if you just want someone to listen while you vent - we're here! May and I are here to support you with whatever is on your mind be it interpersonal, academic, or otherwise :)

What's your best piece of advice?

Remember that you're here to learn, not be good at everything right away. Mistakes are okay, you'll never do it again.



**Reilly Sinclair**  
*Peer Support Advisor*

Why would someone need/want to contact you?

As a Peer Support Advisor, I encourage nursing students to contact us with any concerns related, but not exclusive to personal matters, mentoring inquiries, conflict, recommendations, and academic guidance :)

What's your best piece of advice?

When it comes to nursing, shamelessly ask questions!



Why would someone need/want to contact you?

If they have any fun ideas for a social event! 😄



Why would someone need/want to contact you?

Connect with me for NUS social event info!

What's your best piece of advice?

The Davis drug guide app is your best friend for on the go!



Why would someone need/want to contact you?

To ask about anything related to UBC rec!

What's your best piece of advice?

Be yourself and never stop seeking fun!



Why would someone need/want to contact you?

If they want to get signed up for sports - or if they have a plant they need identified.

What's your best piece of advice?

Don't stress about the first couple chaotic weeks. You do have to do the online trainings though.

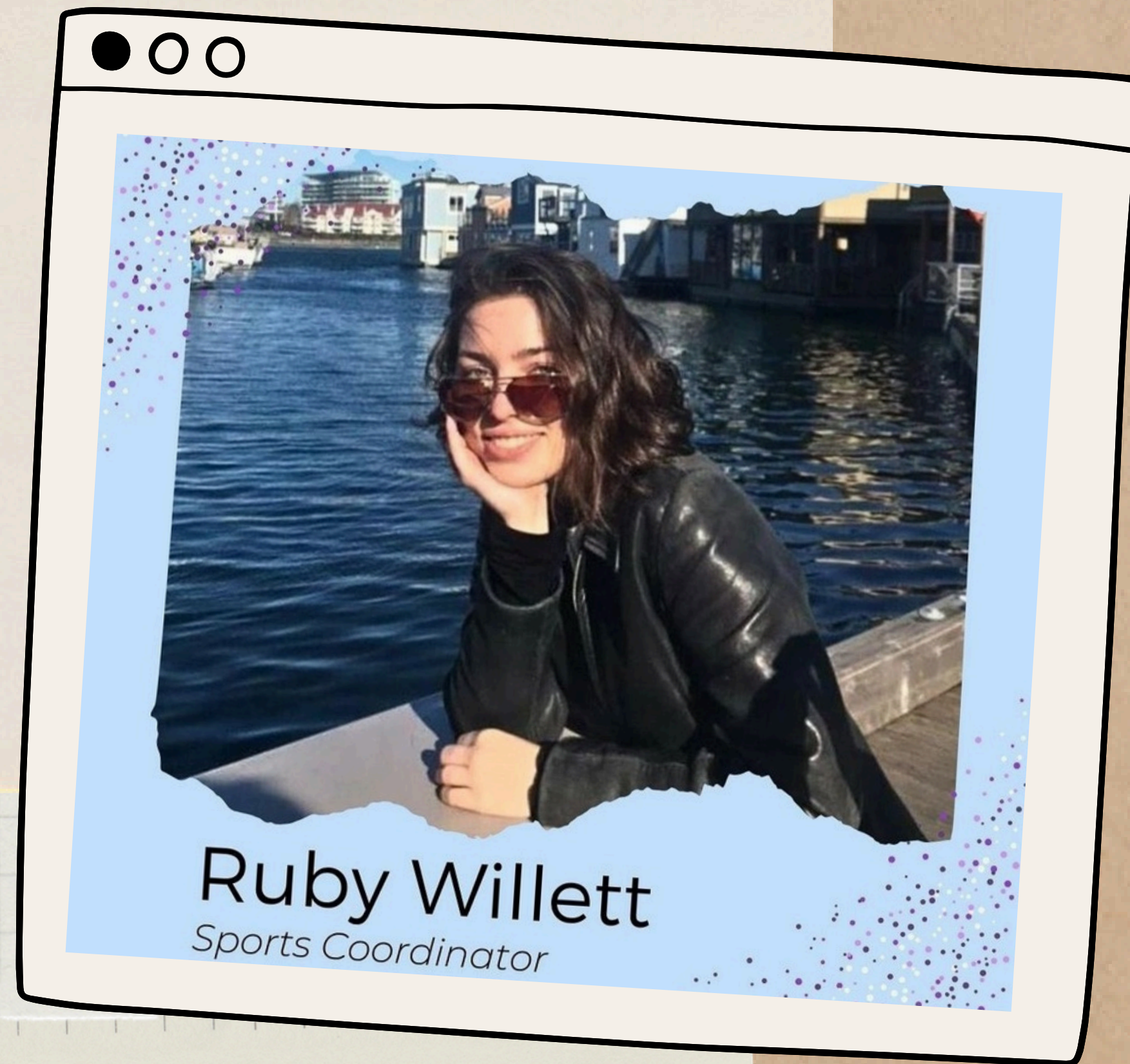


Why would someone need/want to contact you?

If they are interested in joining NUS intramurals, have questions about the nursing program, or are wondering about where the best places to study on campus are

What's your best piece of advice?

Be confident in what you know. What you don't know you can learn and comes with experience. You can always asked for help.





# Announcements!



## Merch

UBC Nursing Merch orders open **August 29th @ 1700**. You will receive an email and discord message from Laura this afternoon with order information!

**Merch orders are due Sunday SEPTEMBER 8th @ 2000.**

If you have any questions - please get in touch with Laura



## Sports

Keep an eye out for the #general-sports channel of Discord for sports announcements for upcoming Interfaculty Cup, Day of the Long Boat, and Intramural events.



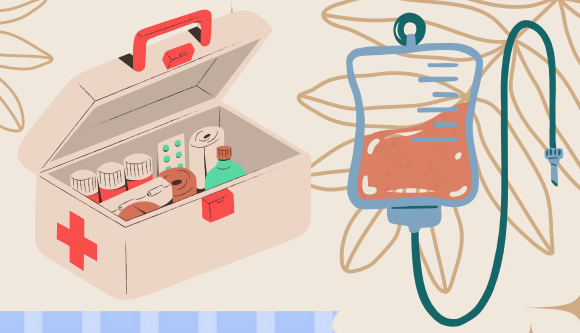
## Lockers

Located at **UBC Hospital 3rd floor** (where you will have your labs)

**\$20** to rent for the entire duration of your program — bring your own lock

Email [secretary@ubcnus.ca](mailto:secretary@ubcnus.ca)

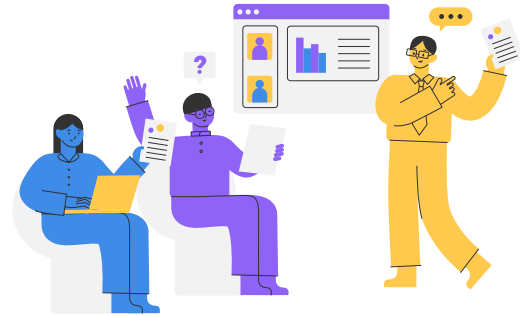
# NUS WELCOME EVENTS



AUG

29

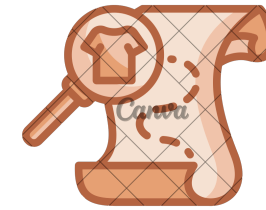
## ORIENTATION



30 @ 1:30 - 3:00 PM

## AMAZING RACE

Explore campus and get the chance to win prizes by competing in this event!



30 @ 4:00 PM

## BEACH BBQ

End off the week and celebrate the start of your BSN journey by joining us as Spanish Banks West!

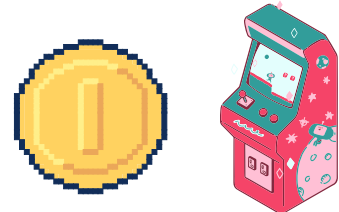


SEP

6

## ARCADE NIGHT @ GLITCH 7PM

Celebrate the end of your first week by grabbing food and playing arcade games with your fellow classmates!



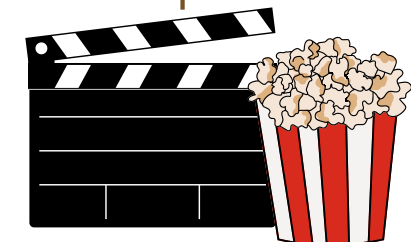
Note: Each attendee will get 1 free shot.

Other drinks and food will not be covered (18% tip) + \$7 cover fee

TBD

## MOVIE NIGHT

Relax after a full day of classes by enjoying a movie on campus! Drinks and snacks will be provided!



Aug 30th  
10:00 - 10:50 AM



## Meet the Term 1 Teaching Team

New students are welcome to drop by this Zoom room to meet the Term 1 team in smaller group sessions. In this informal check-in, students may ask questions of the group, or can check in 1:1 with instructors and course teams

Aug 30th  
11:00 AM - 12:30 PM



## Meet the CCPU Team

In this session, the Clinical Placement Practice Unit (CCPU) Team will be available to support students in understanding and completing the clinical prerequisites for their clinical.

Oct 3rd  
12:15 - 1:00 PM

- Advocacy
- Membership
- Wages
- Contracts



Iris or Khody



nursingorg@ubcnus.ca



**BC NURSES'  
UNION**

*Standing up for health care*

## Meet Your BCNU Regional Representatives

Location and/or changes will be announced via Discord

### 1. What is BCNU?

- Your union as an ESN and RN in the future

### 2. Becoming a Student Member

- It's **free!** Gives you access to opportunities for sponsorships & bursaries
  - <https://www.bcnu.org/member-services/student-nurses/student-nurse-membership>

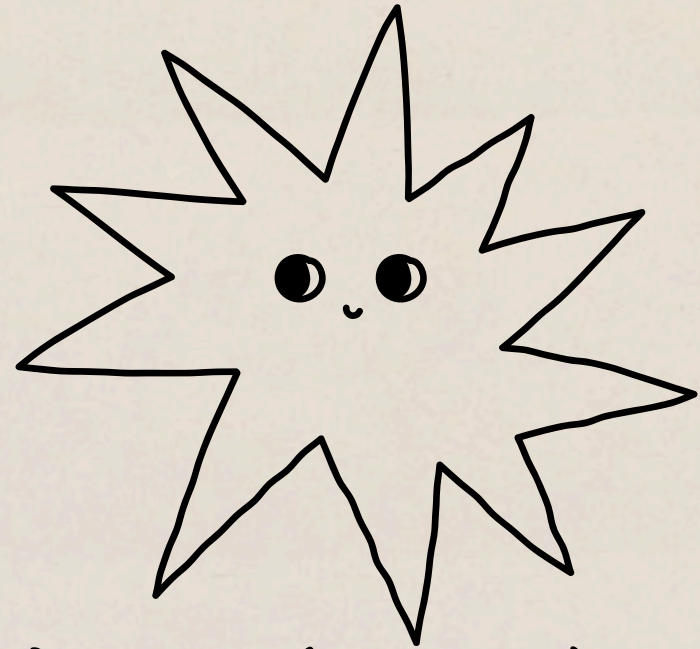
### 3. Bursaries

- Applications due: **SEP 15**
  - <https://www.bcnu.org/member-services/bursaries>

### 4. Questions?

- Reach out to us!

Q & A



Thank You!