

New Jersey Nursing Student (NJNS) Convention

Faith MacArthur, Expected BSN graduate, 2026

As a senior nursing student in the BSN program at William Paterson University and a member of the Sigma Theta Tau International Honor Society of Nursing and the NJNS, I recently had the privilege of serving as a delegate at the 2026 NJNS Convention in Atlantic City. Attending this convention was a rewarding experience for my classmates and me. It provided us with an opportunity to attend educational focused sessions preparing us for our nursing career and improving our NCLEX readiness. Through these experiences, we expanded our knowledge, advanced our professional development, and connected with nursing students statewide.

One of my classmates, Sydney, who served as a monitor during the convention, shared her experience, "My experience at the NJNS convention was so meaningful! Serving as a monitor, I stepped into a leadership role, facilitated sessions, presented awards, and gained confidence in my future as a nurse." Her experience highlights the leadership op-

portunities and professional growth the convention offered students.

Attending the NJNS convention also increased our confidence in transitioning from nursing students to nurses. We discovered meaningful opportunities to contribute throughout the event such as serving as a monitor or a delegate and participating in the educational sessions. My experience as a delegate at the convention pushed me beyond my comfort zone. During the convention, I attended meetings where we made policy decisions, including bylaws and resolutions, at the state level, which were then advanced nationally. This opportunity allowed me to learn about parliamentary procedures such as Robert's Rules of Order and to engage in the voting process for the bylaws. We also discussed and approved a resolution promoting mentorship for new graduates to reduce nurse burnout and enhance nursing competency.

My favorite focus session that I attended was laughter yoga with Dr.

Sandra Foley because it emphasized stress reduction through movement and laughter, which is essential for nursing students. One of my classmates, Luke, shared his thoughts regarding the focus sessions he attended: "The focus sessions I attended were centered around NCLEX prep and transition to practice. These sessions strengthened my test-taking skills and increased my confidence in preparing for the NCLEX. In addition, the transition to practice sessions gave me a guide of expectations for my first year of practice."

This experience increased my awareness of the value of nursing organizations and their role in supporting the profession. Joining NJNS and attending the convention created meaningful opportunities for growth in networking, education, and leadership skills. Overall, the NJNS convention was a significant experience that strengthened our confidence, as we transition into professional nursing practice. ■

Forum of Licensed Practical Nurses (FLPN) Update

The Forum of Licensed Practical Nurses (FLPN) is continuing to develop following the recent inclusion of Licensed Practical Nurses into New Jersey State Nurses Association (NJSNA)! This milestone represents an important step toward greater inclusivity and recognition of the essential role LPNs play across many healthcare settings.

LPN membership within NJSNA is currently in its early stages. We are focused on continued growth and engagement at this

time. We encourage LPNs throughout New Jersey to consider joining and contributing to a collective voice that supports professional development, advocacy, and collaboration within the nursing community. ■

Julia Antonacci, LPN; FLPN Chairperson