SSNSA HONOR CORD SUBMISSION FORM

**MUST BE SUBMITTED BY LAST SSNSA MEETING IN FALL**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Major/Year:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COMMITTEE PARTICIPATION**

*1 per semester minimum*

*\*if graduating Spring 2022 only one total required*

Committee #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Semester: \_\_\_\_\_\_\_\_\_\_\_\_\_

Committee #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Semester: \_\_\_\_\_\_\_\_\_\_\_\_\_

**MEMBER MEETING ATTENDANCE**

*2 per semester minimum*

*\*if graduating Spring 2022 only need to show for fall 2021 semester*

Semester: \_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Semester: \_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PARTICIPATION IN SSNSA EVENTS**

*1 per semester minimum*

*\*if graduating Spring 2022 only one total required*

Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Hours: \_\_\_\_\_\_\_\_\_\_

Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Hours: \_\_\_\_\_\_\_\_\_\_

**LEADERSHIP CORD ELIGIBILITY**

Board Member Position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Year served: \_\_\_\_\_\_\_\_\_\_\_\_\_

**HOURS LOG:**

*35 hours minimum are required to receive an honor cord. These must be completed by December of the year you graduate.*

Hours will be verified with attendance taken at the time of events.

Hours may include SSNSA events, volunteer dates, meetings, conferences, etc. Example list included on this form below.

*\*if graduating Spring 2022: changes took place in the middle of your term so requirements will be adjusted accordingly.*

| **Event/ Volunteer Opportunity Name** | **Date** | **Hours** |
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| **Total Hours:**  |  |

**Accepted SSNSA Honor Cord Hours**

This is a beginning document and will be updated as more events are added to the calendar each year. If you ever have a question don't hesitate to contact the SSNSA Board of Directors.

**General hours to reach 35 total hours in SSNSA for an honor cord:**

| **Activity** | **Hours Given per Activity**  |
| --- | --- |
| Monthly Meetings  | 1 hour each  |
| Board Meetings | 1 hour each  |
| Committee meetings  | 1 hour each  |
| Board Member Training Meetings  | 1-2 hours each  |
| Council of Chapter Presidents Meetings | 1 hour each  |
| Club Advisor Meetings | Depends on meeting, generally 1 hour each |
| Associated Students Payment Meetings  | 1 hour each  |
| Q&A Nights (any topic) | 2 hours each  |
| Tabling for the Club/Events | 1-3 hours per tabling event  |
| Blood Drive  | Donated (2 hours)Tabled (according to schedule, up to 4)  |
| Clothing Drive | Donated (1 hour) Tabled (according to schedule, up to 6) |
| Luis’ Beach Cleanup Day | Per schedule, Up to 5 hours  |
| North Bay Science Discovery Day  | Per schedule, Up to 5 hours |
| Campus Clean Up Day  | Per schedule, Up to 5 hours |
| Individual Volunteering Option | Dependent upon activity, Up to 8 hours total allowed. Attach the following with your Cord Form: Proof of attendance (picture/receipt) & 1 paragraph summary per event.  |
| Virtual Convention Hours  | Up to: Delegates: 16 hours Attendees: 8 hours  |
| In Person Convention Hours | Delegates: 30 hoursAttendees: 20 hours |
| Merchandise Distribution  | 1-4 hours per distribution day according to schedule.  |
| Jobs assigned per President Example: designing an advertisement campaign, or helping with documentation.  | Generally 1 hour each, up to President & Advisor discretion  |

**Events Accepted for the “Participation in SSNSA Event” Category**

No minimum hours specifically required, but one event per semester must be attended to be eligible for an honor cord.

| **Event Categories** | **Specific Events**  |
| --- | --- |
| Volunteer Events:  | Blood DriveClothing DriveNorth Bay Discovery DayCampus Clean Up Day Luis Cid Beach Clean Up Day Individual Option |
| CNSA Conventions | House of Delegates MeetingsNetworking Remo LoungeWorkshops Presentationsetc |
| Tabling Events:  | Club FestBlood DriveClothing DriveMerchandise DistributionLuis Cid Pin Distribution |
| Q&A Night Events  | Pre-Nursing Night Nurse NightNew Grad Nurse NightAdvanced Practice Nurse Night |