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 hours  Attendees: 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 Drive  Clothing Drive  North Bay Discovery Day  Campus Clean Up Day  Luis Cid Beach Clean Up Day  Individual Option |
| CNSA Conventions | House of Delegates Meetings  Networking Remo Lounge  Workshops  Presentations  etc |
| Tabling Events: | Club Fest  Blood Drive  Clothing Drive  Merchandise Distribution  Luis Cid Pin Distribution |
| Q&A Night Events | Pre-Nursing Night  Nurse Night  New Grad Nurse Night  Advanced Practice Nurse Night |