The opinions expressed within this yearbook do not in any way officially represent the University of Calgary, the University of Calgary Faculty of Nursing, or any other organization.
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Celebrate 2020!

YEAR OF THE NURSE & MIDWIFE
(World Health Organization)

200TH BIRTHDAY OF FLORENCE NIGHTINGALE
Dear UCalgary Nursing BN Class of 2020:

My warmest and heartfelt congratulations to our newest nursing graduates. What an incredible year for you to end this phase of your formal nursing education - amidst the disruptive and unfamiliar times of the COVID-19 pandemic. It certainly was not the conclusion that we would have foreseen nor wished for you when you began your studies, but your whole faculty and the university is grateful for your ability to adapt to this crisis in health care and to our world in general. It has brought a new perspective to the challenges inherent in post-secondary learning and we applaud you for your ability to adjust so quickly to the changes we have had to make to ensure completion of your year.

We have all remarked many times about how serendipitous or even ironic that it is for the pandemic to have taken hold during our marking of 2020 as The International Year of the Nurse and Midwife. The pandemic has further highlighted the essential role of registered nurses worldwide. You have learned first-hand the value our community places on the critical knowledge and compassionate care of nurses. We could not be more proud that you now join this noble profession and that you will represent UCalgary Nursing as our newest alumni.

I hope we will be able to gather in person to recognize your accomplishment later this year; we are still looking forward to a pinning ceremony at some point in 2020! Please continue to participate in our events and activities as part of our nursing alumni family of more than 8000. For now, please accept my sincere best wishes and appreciation to you - and to your families and friends who have been with you throughout your nursing journey. We have been greatly enriched by having you as our student.

Sincerely,

Sandra Davidson
Dean & Professor
KENDRA ABBEY
OLUWADAMILOLA ABODUNWA
KHADEEJA AHMED
EMILY AINSLEY
ROCKY ALTARES
SAIHI AMIN
XIAO TING ANG
OGECHUKWU ANOLIEFO
MARISOL ARDILA NINO
LAYALLE ASSAD
GURPYAR BAINS
DASHA BALDOZA
RENAE BARKS
EMMA BARSCHEL
SAVANNAH BELL
JANVIER BIZIYAREMYE
JENNIFER BOHN
LEANNE BOUDREAU
SAVANNAH BOURREE
MEGAN BOUVIER
JAMIE BOYD
EMMA BOYLE
ZACHARY BRAD
ALYSSA BRAYBROOK
JOSHUA BROUGHTON
BAILEY BROWN
CARTER BRYANT
KATELYN BRYANT
ALISON CAMPEAU
PATRICIA CANERO
KIRSTINE CARLSON
SYDNEY CARUSO
MARK CAWILI
WANFEI CHENG
MERRIE CHEUNG
SOHEE CHO
KOH CHOI
KIRSTIN CHURCH
EMILY CODLING
JENNA COE
CHRISTINA COLLINS
HAILEE CRAWFORD
ALYSSA DE LEON
CELESTE DE PEIZA
ANNA DEIBERT
GEIANE DELA MERCED
GURJOT DEOL
CODY DEWAAL
DHAMANPREET DHALIWAL
ARSHDEEP SINGH DHILLON
RACHAEL DIEN
GARY DOBKO
MAYA DRCA
TEGEN DUNNILL JONES
CAROLYN DUNNING
ALYSSA VICTORIA ECHANO
Congratulations!

TAMARA SCHRAMM
STEPHANIE SCHROEDER
EIRIK SEDLAK
ALICIA SEGURA
DARIA SELYAVINA
FARAH SHAATH
JARED SHERRARD
SUNG AE SHIN
SHELBIL SKELTON
NATASHA SLAIGHT
SAVANNAH SOMMERVILLE
JEFFREY SPOONER
MONICA SRIDHARAN
AMELIA STODDARD
JASMAN SUMAL
JIAYI SUN
AARON SZYMANSKISKI
SAMMI TANG
GABRIELLE TARRAF
RACHEL TENSZEN
KYMBER THISTLE
SAMANTHA TRAM
TAYLOR TRAVIS
MACKENZIE TRENAMAN
HANNAH VAN VARSEVELD
GABRIELLE VEEENSTRA
ANA VELJovic
KASSIDY WALKER
SHAYLA WALSH
YUEFI WANG
MICHAEL WEBB
ANDA WEI
SAMANTHA WHITAKER
TORRI WINCH
RIKI WINKLER
MAGDALENE WONG
ZINET YASSIN
KATHY YU
SHAYLEE ZELLER
YI PENG ZHANG
QIANG ZHEN
MEET OUR Bachelor of Nursing GRADUATES
Rocky Altares

Why I wanted to become an RN: I always enjoyed learning about anatomy and physiology in high school biology so I figured that I would enjoy nursing as well. I also thought that nursing fits my personality since I see myself as someone who's empathetic and kind.

Outside school: I like to go to the gym because it gives me a way to work on myself both physically and mentally. My favourite sport is boxing so I try to watch as much boxing as I can and I plan on trying it just for fitness. I also like to watch anime and play video games.

Future goals: To work in inpatient psychiatry or anywhere with a mental health and addictions population.

I'm thankful for: Friends and family. Graduating.

Samiha Amin

Why I wanted to become an RN: There are few professions where your career is devoted to the wellbeing of others. Nursing allows me to do that while applying concepts of science and arts in an exciting and challenging environment :)

Scariest moment: When I found out that clinicals started at 6:45 am.

Advice for nursing students: Join a club or an extra curricular activity in your first or second year, you'll be thankful you have something to take your mind off your classes in the last 2 years of university.

Ting Ang

Outside school: I eat chicken nuggies.

Best memory: Fresh chicken nuggies after exams.

Scariest moment: Pre-oscar chicken nuggy mental breakdowns.

Biggest challenge: Not enough chicken nuggies. Disproportionate to the amount of stress from studying.

I'm most proud of: Overcoming the hardest 4 years of my life with chicken nuggies in hand.

Future goals: To never take life too seriously.

I enjoy my life deep fried and salty.

Renae Barks

Why I wanted to become an RN: I feel the profession offers so many opportunities for movement within the field. It seems that for registered nurses... the possibilities are endless!

Outside school: I bike, run, hike, swim, cook, and fret about school.

Future goals: I hope to one day practice nursing in a remote and rural area and feel drawn to pursuing a career in Canada's northern territories.

Notable learning experiences: There have been multiple moments in nursing school where I felt out of my comfort zone, I am grateful for these experiences though and feel better prepared to enter professional practice because of them.
Jennifer Bohn

Why I wanted to become an RN: I was told by strangers, family, and friends that nursing would be very fitting for my personality (they were incredibly right)!

Best memory: Anytime a client told me I was going to make a good nurse.

Biggest challenge: Understanding and accepting that the healthcare system is structured in a way that can marginalize groups of people (but it doesn’t have to stay this way).

Future goals: Nurse entrepreneurship (keeps it very open, broad, and exciting). Involvement in public and community health because health promotion has a big chunk of my heart. Mental health because I love the amount of interaction I get with clients.

Megan Bouvier

Why I wanted to become an RN: I always thought the medical field was interesting. I was able to shadow rural ER doctors and nurses and liked the personal care and touch nurses had for their patients.

Scariest moment: When I saw a child having a febrile seizure due to unknown causes and feeling so hopeless. It made me question if nursing was for me.

Biggest challenge: Third year

Future goals: Be a travel nurse or an ER nurse.

Advice for nursing students: DON’T

Jamie Boyd

Why I wanted to become an RN: Initially I wanted to work with babies, but it turns out babies are terrifying. I am still interested in sexual and reproductive health as well as mental health and addictions.

Outside school: I volunteered a lot with the Q Centre on Campus, the Louise Dean Centre throughout my degree. I am learning French, I enjoy reading and writing. Additionally, I travel quite a bit including a solo trip to Ireland and the UK in my final summer before grad.

I’m most proud that: I feel that I have developed, not only as a nurse, but as a human being in general. I’ve grown a lot more confident, patient, and a better more empathetic listener in all aspects of life.

Future goals: I want to do a masters in sexual and reproductive health in Scotland, and then fully move to the UK.

Zach Brad

Why I wanted to become an RN: I’ve always been interested in helping people and I’m extremely interested by how the body works.

Biggest challenge: Pharmacology

Outside school: I weightlift, play basketball, play video games, and hang out with friends.

Future goals: to continue to learn every day and better myself as a nurse and there’s a twinkling of pursuing a masters in nursing so stay tuned.

I’m most proud of: all the hard work I’ve put in to get to this point!
Alyssa Braybrook

Why I wanted to become an RN: The reason I wanted to become an RN and the reasons I am still wanting to be an RN are so different, however, for me, it all comes down to humanity. Humanity is what holds everyone together no matter your walk of life and getting to walk with my patients for part of their journey is humbling.

Favourite memory: To see how I have been able to grow as both a future nurse and as a person.

Biggest challenge: Coming to understand what is right isn’t always fair and what isn’t fair isn’t always wrong and understanding the role I play in these complex situations. Secondly, finding out the more I know the more I don’t know was a challenge.

Outside school: I volunteer at the Alberta Children’s hospital, enjoy skiing, reading, running, and exploring.

Sydney Caruso

Why I wanted to become an RN: Helping others is a calling of mine and it gives me purpose.

I’m thankful for: Family and friends who supported me as well as faculty who really cared about their students.

Best memories: All of my best memories happened with my patients.

Future goals: Pass the NCLEX and find a job! Have a good work-life balance and trust that everything else will come with time.

I’m most proud of: Finishing nursing is an accomplishment on its own, however, I am most proud of the nurse I have grown to be. I would not be the nurse I am today without the failures (and successes) I experienced in nursing school.

Advice for nursing students: You can do it. Don’t give up.

Favorite professor/instructor: Catherine Fox was also a wonderful teacher and I really loved attending her classes on Oncology nursing.

People I would like to recognize for supporting me: A huge thank you to Kirstine and Mikaela for always being the best study group, and never turning down an Earl’s Happy hour.

Outside school: If I’m not at the library, I’m probably skiing, at the gym, or spending time with one of my many roommates.

Emily Codling

Why I wanted to become an RN: The reason I wanted to be an RN and the reasons I am still wanting to be an RN are so different, however, for me, it all comes down to humanity. Humanity is what holds everyone together no matter your walk of life and getting to walk with my patients for part of their journey is humbling.

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Outside school: I volunteer at the Alberta Children’s hospital, enjoy skiing, reading, running, and exploring.

Hailee Crawford

Advice for nursing students: You can do it. Don’t give up.

Favorite professor/instructor: Catherine Fox was also a wonderful teacher and I really loved attending her classes on Oncology nursing.

People I would like to recognize for supporting me: Anne Marie Lauf. It was her first time being a nursing instructor and she did a phenomenal job. Not only did she reduce my stress levels, but she taught me not to be so hard on myself and to have confidence in my abilities.
**Arshdeep Singh Dhillon**

**Why I wanted to become an RN:** I like meeting new people and passion to do something that can make a difference in someone's life.

**Best memory:** All clinical experiences.

**People I would like to recognize for supporting me:** My parents they supported me in all my decisions.

**Favorite instructor:** Megan Keszler

**Outside school:** I like driving, swimming and eating.

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**Maya Drca**

**Why I wanted to become an RN:** I wanted to help people at all levels on their health journey. I chose my final practicum in OH&S to get a wide variety of experience on how to make workplace environments safer and ensure injuries do not happen.

**Outside school:** I'm a big foodie. I love to go to different restaurants and try things out! I also really enjoy hiking and tend to be quite competitive in volleyball and basketball!

**Future goals:** Do well in whatever career path I choose. I would like to keep exploring OH&S and even Public Health nursing. I love the upstream approach of those areas!!

**I’m most proud of:** Having developed such close friendships with my peers!

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**Tegen Dunnill Jones**

**Why I wanted to become an RN:** I applied for the Bachelor of Nursing program on a whim, because I wasn't really interested in continuing to work in a laboratory and I got an email saying that the application was free if I applied within the next week. Some of my co-workers were Canadian Armed Forces Nursing Officers, so I chatted with them about their experiences and decided to give it a go. Two and a half years later, I am so excited to work as an RN!

**Biggest challenge:** Patho. I'm still amazed I passed those courses. It's fascinating stuff, but I can't process that much info in such a short time!

**Future goals:** I can see myself working in a community organization. Or academia. Or in the military. Or abroad. Or in a jail. Or... Good thing we have so many options!

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**Devya Fluckiger**

**Why I wanted to become an RN:** To improve the quality of life of others.

**I’m most proud:** That I have the honour of caring for others and receive the gift everyday of learning life lessons everyday through my patients and co-workers.

**Biggest challenge:** Accepting what you can’t control; that you’re never going to know everything there is to know about everything!

**I’m thankful for:** Peer support, family.

**Outside school:** Hobbies: sketching, reading, music, lifting.

**Future goals:** Either NP or Professor of Pathophysiology.
**Tara Godfrey**

I'm most proud of: How much knowledge that has been stuffed into my brain in 28 months!

I'm thankful for: The friends I made in nursing school. The experiences we went through were extremely challenging! Having such great friends made the experience so much better, and funnier.

Future goals: My goals include going into ICU and critical care, one day being a charge nurse, and traveling as a nurse. I aspire to influence and enhance the nursing profession while sharing my love of helping others with the greater population.

Outside school: I am a member of the University of Calgary Women's Varsity wrestling team and am an avid HGTV watcher.

**Abhilasha Gupta**

Why I wanted to become an RN: I have always been interested in working as a health care professional.

Outside school: I don't think I had a life outside of school throughout the program but I love to go hiking.

Biggest challenge: Trying to memorize all the drugs.

Advice for nursing students: Trust me, it gets better.

**Sara Idris**

Why I wanted to become an RN: I wanted to do something worthwhile and I enjoy caring for people.

I'm thankful that: I had the opportunity to meet so many wonderful people.

Biggest challenge: Term 5

I'm most proud that: I accomplished something great.

Future goals: To get a job at the children's hospital.

Outside school: I volunteer for various charitable organizations.

**Lexi Jeffrey**

Best memory: Probably getting to know all the different people in my clinical groups and making friends in the program. Whether that has been carpooling at 5am to clinicals together, laughing together in post conference, bonding over some truly horrific incidents involving bodily fluids, or complaining about studying (or not studying enough), it has been amazing to get to know so many people in the program.

Dr. Ruth Swart once shared this quote with us in class and it has always stuck with me, "Your job is not to judge, your job is not to figure out if someone deserves something. Your job is to lift the fallen, to restore the broken, and to heal the hurting."
Why I wanted to become an RN: Getting paid to be a good human being to someone when they really need it seemed pretty alright.

I'm most proud: That I managed to keep and cultivate relationships in the rest of my life, and work on growing as a person throughout the program.

I'm thankful for: Honestly the diversity of perspective I experienced by getting to know my classmates. Most notably, I feel I have gained massive insight into the lives of younger people and people who either immigrated to Canada or are first-generation Canadian.

Outside school: I climb rock and ice, speedfly/paraglide, and clean up after my dog.

Jordan Lang

Why I wanted to become an RN: I've known I wanted to become an RN ever since I was 12 years old. I was in the Alberta Children's hospital and quickly noticed what a difference having a "good" nurse made. I knew ever since then that I wanted to make that positive impact on others.

Outside school: I am passionate about anything and everything food related. I love to bake and cook, and in my free time I'm always experimenting with creating healthy alternatives that taste just as good!

Future goals: I would love to work at the Alberta Children's Hospital or work rurally. I also can't wait to buy a house and adopt a bunch of dogs.
Why I wanted to become an RN: To follow in the footsteps of my great grandmother - a long-time community nurse in Cape Breton, Nova Scotia.
Biggest challenge: Having the confidence in myself that was necessary to take responsibility for the health and well-being of others, and to forgive myself for the inevitable mistakes, shortcomings, and learning curves that come with being new to the profession.
I'm most proud of: Learning to be outwardly calm, even when I'm inwardly panicking!

I'm thankful for: All my friends and fellow students who helped me get through these past 4 years.
Biggest challenge: Trying to pass Kara's tests.
Scariest moment: Everything. Literally everything.
Favourite memory: I know that graduation hasn't happened yet, but I'm pretty sure graduation will be my fondest memory of the program.
Advice for nursing students: Don't let what you've heard from past students scare you. We got through it, and you will too.

People I would like to recognize for supporting me: Too many to mention... mentor Jen Dorman, who gave me insight into hospice nursing; mentor Anne Siemaszkiewicz, who provided a window into community nursing; clinical instructors Melanie Lind-Kosten, Alan Ward, Zoe Petropoulos, Megan Keszler, Kamal Sandhu, Sara Garcia, & Melissa Eastveld; Ruth Swart for a helpful conversation early in my preceptorship; CSLC staff Breanne, Deborah & Nancy for their behind-the-scenes support; many colleagues, friends and family who sustained me through the program.
Scariest moment: I made a med error late in my preceptorship - wrong patient, didn't verify the wristband. This was devastating, but I worked through it with full support from my preceptor, my clinical instructor and classmates with whom I confided. Perhaps what shocked me the most was how forgiving the patient was upon disclosure. Fortunately, there were no allergies or contraindications. I was extremely humbled that the patient (and the other patients in the 4-person room) still trusted me to provide care for the next 2 shifts.
Future goals: To reach the top of Maslow's hierarchy of needs.

Best memories: Are from interacting with the people I have met. Whether it was supportive clinical group members, caring instructors, or courageous patients, I enjoyed getting to know them and learn together with them. I am grateful for the friendships I have made and the opportunity to improve the lives of my patients.
I'm most proud of: Pushing myself outside my comfort zone and improving my confidence.
I'm thankful for: The friends I have made and the patients who have shared their stories with me.
Outside school: I train as a member of the University of Calgary Triathlon Club.
Natasha Manfield

**Favourite memory:** De-stressing with Amrit, Maeve, and Mariam over karaoke.

**Scariest moment:** Walking onto a hospital unit for the first time.

**Advice for nursing students:** RegisteredNurseRN.com

I couldn't have done this without my close friends ❤. Endless support.

Andie Mayo

**I’m most proud of:** Keeping my head up and continuing to move forward, even when I wanted to stop.

**Advice for nursing students:** While it’s a tough program, you can do it! Make friends and survive.

**Future goals:** I want to experience as much as possible in the nursing profession!

Mikaela Melbourn

**Why I wanted to become an RN:** All the international work opportunities!

**Scariest moment:** Kara’s first exam in term 5!

**Favorite instructor:** Heidi Smith for both LTC and Mental Health.

**People I would like to recognize for supporting me:** Thank you so much to my mom and dad, as well as my partner Scott.

Courtney Mendryk

**Why I wanted to become an RN:** I love being able to interact with people and play a direct role in maintaining and improving their well-being. You get to use your brain and your heart.

**Biggest challenge:** Learning how to trust your judgement in new situations.

**Outside school:** I love to stay active, be outside, and hang with my pup Ginny.

**Future goals:** I’d love to get more experience in emergency and rural nursing, and eventually find my way to STARS or a transport nursing team.
Erin Merrin

Why I wanted to become an RN: To become a perinatal nurse based on my own pregnancy & parenting journeys.

Fondest memory: Term 3 - SSSS!

Scariest moment: Having to brush my partners teeth in lab.

I'm most proud of: Getting through with most of my sanity intact.

Advice for nursing students: Believe in yourself and surround yourself with supportive people who also believe in you and always be open to learning.

Mariam Mohamed

Why I chose nursing: To help people and be a kick butt boss lady.

I'm most proud that: I reached the light at the end of the tunnel. Alert and orientated x 3.

Notable learning experience: Everything really. I think when we first started giving medications was the turning point.

Best memory: Making amazing friends and having people understand the struggle.


Jennifer Morris

Why I wanted to become an RN: I always loved working with kids and I loved biology in high school so I decided to take nursing! I also wanted to be a pediatrician but I have no idea where life is going to take me now.

Best memory: My best memory is the friends I have made. We all became so close so fast and it has been one crazy ride with these guys and I am definitely going to miss them but I know we will be friends forever after going through school together.

Nursing school was tough, and at least once a week my friends and I thought about dropping out and moving to Hawaii to live on the beach, but I am so proud of how far I have come. I know I am not the same person I was four years ago, I am so much stronger and wiser, I made the best of friends and had amazing experiences and although I complained a lot, I would not change a thing.

Amrit Nijjar

Best memory: Making new friends.

Advice to nursing students: Cry for 5 minutes and then get back to the grind LOL.

Outside school: I love sleep + soccer.

People I would like to recognize for supporting me: Shoutout to Maeve Hodge & Natasha Manfield for crying with me ❤️
Nolan O'Brien

Why I wanted to become an RN: Because I enjoy seeing people get stronger and the excitement that follows them and their family as they grow and recover.

I'm thankful for: I am incredibly thankful for my friends that I have made throughout university. You have all been amazing and I am so appreciative of having been able to get to know you and share experiences with.

Future goals: I am hoping to be a NICU nurse or to be a pediatric nurse somewhere.

Jseul Park

Outside school, I enjoy: Hanging out with my friends, talking on the phone, cooking and binge watching dramas/movies.

Scariest moment: After getting my mark back from first midterm of NURS 487.

I AM PROUD THAT I MADE IT TO NURSING SCHOOL MY GOODNESS.

Elmer Kent Ramos

Fun fact about me: I am short.

Nursing is fun.

Kieran Rutledge

Why I wanted to become an RN: To help people from a holistic perspective. Being able to travel for work is great too!

I'm proud to: just finish nursing school! One thing at a time here guys.

I'm thankful that: I live in Canada and have so many wonderful people in my life.

Best memory: Making wonderful friends and sharing our experiences together.

Future goals: Find a job that I want to go to every day. And keep in touch with my nursing friends with all our crazy schedules.
Amrita Saini

Why I wanted to become an RN: I always knew I wanted to be in a healthcare since I was a little girl. I wanted to help people in need.

Scariest moment: Not being sure if the decision from switching from kinesiology to nursing was the right choice. It was.

Outside school: I volunteer, cook, dance, research, but mostly MORE school.

Future goal: Teach at the UofC.

I'm thankful for: all the blessings I have received.

Casey Salango

Why I wanted to become an RN: My brothers keep super glueing their cuts.

Favorite instructors/professors: Christine, Zenaida and Meagan

Biggest challenge: Figuring out the right study style.

Advice for nursing students: Enjoy clinical and you can still have a social life.

Outside school: [I go to the] gym.

Eirik Sedlak

Why I wanted to become an RN: Mobility

Alicia Segura

Why I wanted to become an RN: I was working in sex ed and realized I loved finding creative ways to engage people in conversations about their health and their bodies. My sister who is a nurse in the NICU convinced me I should follow in her footsteps to take it to the next level!

I'm most proud of: Starting my first RN job in Hematology & Internal Medicine!

Outside school: Go on a long walk with my fluffy dog :-) Have a tasty potluck with friends. I like to dance and sing karaoke ;-) But mostly I drink a sleepytime tea and go to bed early :-)

Future goals: Start a little homestead with my partner where we can care for some bees, chickens, vegetables, and babies :-) Friends will visit and enjoy fresh air and fresh bread. My dog will get to live outdoors and woof when a wolf is near as is her #1 dream.
Farah Shaath

Why I wanted to become an RN: All modalities of health have always been an interest of mine. Nursing applies all modalities of health and we help enhance individuals physical, psychosocial and emotional health!
Best memory: Unit 66 placement at south health campus!!
Scariest moment: Term 5, first acute care experience
Biggest challenge: Managing my readings and studying time as well as hobbies and self care in term 5/6.
Outside school: Spin, boxing and yoga 😊
Future goals: to become a labor and delivery nurse then a nurse practitioner :)

Shelby Skelton

Why I wanted to become an RN: I wanted to make a difference in the lives of others, big or small.
Best memory: Rachet straps and booster cables.
Favorite instructor/professor: Shelley deBoer and Kara Sealock
Biggest challenge: learning to adapt and accept that of which I could not change, regardless of the injustice done.
People I would like to recognize for supporting me: Thank you to my family, for your persistent patience, and to Shelley deBoer for your constant confidence.

Monica Sridharan

Why I wanted to become an RN: My family wanted me to go into medical school and become a doctor. I wasn't interested in doing so, but I wanted to be involved in healthcare. I chose nursing because of the opportunities to connect with and care for patients on a different level. Nursing is such a broad profession and the opportunities for education and growth are endless. I was very excited about the fact that there just so much I can do with a degree in nursing and I can't wait to see what my future in this profession has in stock for me.
Outside school: I am a Bollywood dancer and trained in Bharatnatyam, an Indian classical dance form. I also like to read novels and watch romantic comedies when I have the time.
I'm most proud of: the development in my time management and my interpersonal skills.

Jasman Sumal

Why I wanted to become an RN: I wanted to have a meaningful career. A job that could help me leave a positive impact on the individuals that I care for and becoming an RN seemed to be the right fit.
Scariest moment: The scariest moment would definitely be having a code blue on the unit and having to shroud a body for the first time.
Future goals: To land a job at The Alberta Children’s Hospital, or really any setting that has the pediatric population.
Outside school: I am a big foodie! I love exploring and finding new places in Calgary. I started an Instagram page that documents all the different places I have eaten at. You can follow it at @yyccstreeteats if you need a recommendation for a place to eat!
Yufei Wang

Why I wanted to become an RN: I wanted to help people.
People I want to recognize for supporting me: My mom. Always support me when I was tired.
I’m most proud of: my critical thinking.
I’m thankful for: my hard work.
Outside school: I watch movies and listen to music.
Best memory: Passing each exam!!
Future goals: Find a nursing job in Calgary.

Sam Whitaker

Why I wanted to become an RN: My Auntie Bea was an OR nurse, so growing up I always had the most beautiful impression of nurses. She was everything that I believe nurses should be - compassionate, patient, caring, smart yet humble, and honestly just the loveliest woman with a radiating energy who everyone was drawn to. I've always hoped to be a person, and now nurse, like she was.
Outside school: I enjoy spending quality time with friends and family outside in nature, whether it's downhill skiing, hiking, camping, canoeing, swimming, traveling, or simply enjoying the mountains, trees, fresh air, and sunshine.
GET TO KNOW THE Class of 2020

229 Graduates!

Favourite Hot Beverages
- Coffee 40.4%
- Tea 40.4%
- Hot Chocolate 12.8%
- Other 6.4%

Our Pets
- Dogs: 16
- Cats: 12
- Fish: 8
- Hamsters: 6
- Hedgehog: 4
- Gecko: 1

Graduates!
Least Favourite Terms

Most Favourite Terms
when I grow up...

FORENSIC SCIENTIST
Courtney M.

POLITICIAN
Hailee C.

TEACHER/PROFESSOR
Monica S.

TEACHER
Ting A.

MOTHER
Maya D.

FLORIST
Mikaela M.

VETERINARIAN
Zack B.
Tegen DJ.
Natasha M.

"VETERINARIAN OR VEGETARIAN"
Sam W.

BIOLIGIST
SPECIFICALLY ONE THAT WORKED WITH PANDAS
Hannah L.

ASTRONAUT
Samiha A.
Sara I.
Andie M.

VIOLINIST/MORTICIAN
Monica L.

FLORIST
Mikaela M.

"VETERINARIAN OR VEGETARIAN"
Sam W.

BERTINARIAN
Zack B.
Tegen DJ.
Natasha M.

"VETERINARIAN OR VEGETARIAN"
Sam W.

I FAMOUSLY REPLIED "A DINOSAUR" IN A SCHOOL NEWSLETTER
Alicia S.
For a whole year I wanted to be a dog when I grew up.

Tara G.

NURSE
Sydney C.
Lexi J.
Jordan L.
Isuel P.
Nolan O.
Casey S.

POLICE OFFICER
Rocky A.

CARDIOLOGIST
Devya F.

A MOVIE STAR BABY!
Elmer Kr.

A MOVIE STAR or PHYSIOTHERAPIST
Jane K.

“HOUSE BUILDER” LIKE MY MOM!
Shelby S.

DOCTOR
Megan B.
Jennifer M.
Amrit N.
Jasman S.

SURGEON
Arshdeep SD.

HEALTHCARE PROFESSIONAL
Farah S.

DENTIST
Jennifer B.
Can you guess which of your classmates submitted each of the following facts about themselves?

**I like to write and perform poetry!** (1)

**I was born and raised in Georgetown, Ontario.** (2)

**I am an artist!** (3)

**I can speak multiple languages! Oh, and I have 3 pretty awesome siblings.** (4)

**I will drink chai at literally any time of the day.** (5)

**I have a lot of tattoos.** (6)

**If you drop all the vowels in my name you are left with RN... destiny!** (7)

**I love my puppy Charlie.** (8)

**I like chicken nuggies.** (9)

**I have two little dogs named Finn and Teddy and they’re my world.** (10)

**I’m both a licensed pilot and published poet!** (11)

**I’ve traveled to twenty-five different countries.** (12)

**I sew historical costumes, play the violin, and work as a home care nurse!** (13)

**I want to go skydiving one day!!!** (16)

**I can speak two languages.** (15)
Fun Facts: Did you know?

1. Jennifer B.
2. Tara G.
3. Sydney C.
4. Maya D.
5. Monica S.
6. Jamie B.
7. Renae B.
8. Jennifer M.
9. Ting A.
10. Zach B.
11. Tegen DJ.
12. Sam W.
13. Monica L.
14. Sara I.
15. Yufei W.
16. Devya F.
Best Memories

I had a lot of fun creating our patient teaching video about MAOI side effects in Term 4 with all of my closest nursing friends - Andrea, Renae, Alicia, Ken, and Simon. (Sam W.)

The friends I’ve made. It is a cheesy answer, but true. (Jamie B.)

I think I felt most accomplished when I handed in my LAST consolidated analysis to be quite honest. (Renae B.)

Making new friends and graduating. (Rocky A.)

Having my first pediatric placement! (Jasman S.)

Fresh chicken nuggies after exams. (Ting A.)
During term 4 in the spring and summer, we had our classes in the Taylor Institute Building which was a big open space with circle tables. By the end of the semester, everyone was so close and there was a great sense of community in that classroom! The best part was how everyone would get a sub from bake chef and eat it in class - and everyone felt bad for the crinkling of the sandwich wrappers! (Tara G.)

My best memory is getting told by my nursing instructor that she would be privileged to have me as a nurse care for her sick mother. (Maya D.)

Meeting all my friends that I will be graduating with. (Zach B.)

Study sessions with quality people. (Devya F.)

Meeting such wonderful people. The instructors are so caring and the students are so supportive! It’s really a family. (Tegen DJ.)

Passing term 5. (Sara I.)

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The most notable learning experience I had was when I was placed on a neurological rehabilitation unit where the model of the unit was to increase patients' abilities post-stroke hinging on active patient participation. The experiences I had on the unit inform my work ethic and fostered my belief that it is my role as a nurse to encourage patient efficacy as much as possible. (Tara G.)

Holding a newborn baby in my arms soon after delivery has been the most astounding moment to me so far! (Hailee C.)

A warm blanket goes a long way. (Monica S.)

My most notable learning experience would have been during my rotation into cardiology during term 5. This was because we got to give meds and perform skills for the first time so while I was learning about that I was also figuring out time management. It was a good introduction to what a nurse does; it was engaging and exciting to grow as the semester progressed. (Nolan O.)

Chicken nuggies are better when had with friends who support you. (Ting A.)

When John came to talk with our class in term 3. I still think about his teachings on a regular basis! (Andie M.)

Having a placement in a mental health and addictions population made me realize that some people may be content with the way they're living even if they're homeless and living with addictions. (Rocky A.)
Learning what it truly means to be a nurse and how to care for people because care is not as linear as we all like to think it is. (Zach B.)

Learning about transplanted organs from a double lung recipient, he is amazing and such a great teacher. (Kieran R.)

I really enjoyed the Imogene project in Term 3 and learning about life with homelessness with John Bodman. (Tegen DJ.)

Observing the persistent strength of the patients to keep going inspired me and learning how to support patients through their highest and lowest points in their health journeys was an honor. (Capri L.)

When my clinical group went to Hull home and I saw how many children needed help. (Sara I.)

The first time I cared for a patient with a new lifespan prognosis of less than 12 months. There is no experience as unique or as profound as the trust that patients place in their nurses to guide them through challenging circumstances like these; I’ve learned when to admit that I don’t have all the answers, and how to walk alongside my patients rather than ‘fix’ them. (Monica L.)

My most notable experience was meeting all my amazing friends and looking forward to going to class just to see them. (Jennifer M.)

I feel it was valuable to learn the role SEDOHS play in influencing the health of populations and I am thankful for the emphasis placed on the determinants of health. (Renae B.)

Learning the determinants of health and Aces. Also my mental health Clinical Placement and FONII experiences! (Erin M.)

My most notable experience was meeting all my amazing friends and looking forward to going to class just to see them. (Jennifer M.)
Our advice for future nursing students

1) Nursing is what you make it; take advantage of all the opportunities the university has to offer (clubs, events).

2) Your GPA/grades do not accurately represent your nursing abilities and skills.

3) You can’t care for others if you can’t care for yourself. Learn and prioritize self-care! (Jennifer B.)

Prepare healthy meals and snacks in advance for busy weeks. (Renae B.)

Just breathe. You’ve got this. Nursing is an awesome profession and you’ll find your place in it one day. Keep chipping away at it and hone your skills. (Maya DJ)

Sleep, eat and attend all classes. (Arshdeep SD)

Enjoy it. It is hard but you will make great friends and the experiences will be amazing. (Jennifer M.)

Just keep going! (Amrita S)

Don’t hold yourself back by doubting your abilities. You have the knowledge and skills you need. So believe in yourself! You will learn so much more if you take advantage of every opportunity. (Tegen DJ)

Take it slow and do it right. You won’t always get things on your first try but don’t give up. (Zach B.)

Reach out to your professors for help because they are a resource that will enhance your practice and knowledge significantly. (Farah S.)

Study hard! Be kind! (Sara I.)

Don’t give up — even if you get a bad mark, fail a test or mess up in clinical you can pull yourself out of it. You are meant to be here, you are smart enough and more than capable of doing this. Work hard but have fun (especially at clinical). (Lexi J.)

When in doubt, eat some chicken nuggets. (Ting A.)

Stick together and remember to laugh at your mistakes. (Kieran R.)

It’s okay if you do not know what area you want to practice in at the end of my degree to find out where! (Nolan O.)

Doubt yourself back by doubting your abilities. You have the knowledge and skills you need so believe in yourself! You will learn so much more if you take advantage of every opportunity. (Tegen DJ)

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My advice would be to work on separating your academic identity with your personal identity. Your grades don't directly correlate to the care you are able to provide and vice versa. Show kindness everywhere you can, and don't forget about yourself. (Hailee C.)

Don't feel pressured to learn EVERYTHING during your four years of nursing school. There will always be more to learn throughout your nursing career, and it's okay to not know something! (Jordan L.)

It's okay to be scared and go outside of your comfort zone because that'll help you learn. (Rocky A.)

When Term 5 and 6 roll around with pathology and pharmacology, don't freak out. They're difficult but you will get through it. Find some friends to study with; it makes it a million times better. (Sam WD)

My advice would be to work on separating your academic identity with your personal identity. Your grades don’t directly correlate to the care you can provide and vice versa. Show kindness everywhere you can, and don’t forget about yourself. (Hailee C.)

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It's okay to be scared and go outside of your comfort zone because that'll help you learn. (Rocky A.)

Nursing school is tough but ultimately so worth it. (Monica S.)

DO NOT CHANGE YOUR ANSWERS ON EXAMS. Enjoy the journey. (Monica S.)

Don’t feel pressured to learn EVERYTHING during your four years of nursing school. There will always be more to learn during your nursing career, and it's okay to not know something! (Jordan L.)

Find a balance between self-care and work ethic with school. Know who you can count on for support and ask LOTS of questions! (Devya F)

Treat the experience like real life and not like school. (Sean LR)

Learn as much as you can. (Yufei W)

Take a deep breath when you’re feeling overwhelmed. Learn to separate those things that you have control over from those that you don’t. (Monica L.)

Build a supportive group of friends that you can lean on when times get tough. Get used to the constant stress that is the nursing program. Enjoy your breaks fully so you can come back recharged and ready to really enjoy the experience. (Mariam M)

Ep outside of your comfort zone and go after different learning opportunities whether on campus or on your unit. (Jane K)

Sleep. Do not sweat the small stuff. There will always be someone smarter than you, focus on what your strengths are, not just a GPA. (Sydney C.)

Take it one day at a time! (Capri L.)

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Take it one day at a time! (Capri L.)

Learn as much as you can. (Yufei W)
I feel so fortunate to have had the absolute best professors and clinical instructors, but I feel especially lucky to have also had the most amazing, positive, and supportive preceptor Laura! (Sam W.)

Kaleigh Peters was definitely one of my favorite clinical instructors, she always made me smile and feel confident, and Kara Sealock was definitely one of my favorite professors, it may have been an insanely tough class, but she made it enjoyable. (Jennifer M.)

Kara Sealock, Heather Bensler, Sara Garcia, Melissa Eastveld (Sydney C.)

Favourite instructor.....Anne Marie Lauf (Megan B.)
Shelley deBoer was the best instructor I had in nursing school. She cared so deeply about everything she did and was a great role model of excellent work ethic and empathy. (Tara G.)

Candace and Heather, for all their support and encouragement, right from Term 3 all the way to the end! And my wonderful clinical instructors, especially Anju, Julie, Heidi, Sara, and Shelley! Also Carlos, for always having a smile for students. (Tegen DJ.)

Heather Bensler was one of my favourite instructors. Always so enthusiastic and engaged. She took the time to get to know you and really cared. She’s a gem! (Mariam M.)

Caity Fox was an awesome professor who made learning about oncology a fantastic experience and very interesting. Her lectures were engaging and she took her time to respond to student’s questions and look up information if she was unsure/to clarify it. (Nolan O.)
Kaleigh Peters - Thank you for all the nursing tips and Netflix recommendations :) (Jordan L.)

I cannot pick just one. Each professor had a different flare and different area of expertise and I feel fortunate to have been taught by each one. (Renae B.)

Thank you Ruth Swart for agreeing to meet and chat with me on multiple occasions and sharing all your wisdom! And thank you Heather Bensler for sparking the FONII; being a part of the group presented an abundance of learning opportunities. Also, thank you Brenda Juby for being one of the first incredible nurses to encourage and inspiring me on my nursing journey. (Jennifer B.)

Probably Cynthia Mannion!! (Maya D.)

Kara Sealock, Kateryna Z., Tannis Rassmussen (Devya F.)

Kara Sealock and Tammy for perinatal!! (Farah S.)
Thank you Kara

Kara Sealock is an exceptional teacher. I genuinely believe she cares about her students and she is just so knowledgable about the nursing field. Anyone would be lucky to have her as a teacher. (Emily C.)

Kara all the way! Her classes were hard but I've learned so much from her. (Hannah L.)

Kara Sealock is an exceptional teacher. I genuinely believe she cares about her students and she is just so knowledgable about the nursing field. Anyone would be lucky to have her as a teacher. (Emily C.)

Kara was a great faculty advisor during my preceptorship! (Kieran R.)

Kara Sealock for making third year more manageable and for preparing us for NCLEX! (Jordan L.)

Favourite prof by far.... Kara Sealock. (Megan B.)

Kara Sealock for her constant transparency and support as well as open relatability. (Devya F.)

Kara Sealock is an exceptional teacher. I genuinely believe she cares about her students and she is just so knowledgable about the nursing field. Anyone would be lucky to have her as a teacher. (Emily C.)

Kara was a great faculty advisor during my preceptorship! (Kieran R.)

Kara will always be one of my favourites! She truly care what happens to us and wants the very best for each and every one of us. Plus she learns everybody's name which I still think is insane. (Zach B.)

[My favourite professor is] Probably Kara Sealock (Sean LR.)
I would like to thank my family for keeping me sane while going through my undergraduate degree and supporting me no matter what decision I made. Without them I would not be here. They helped me on the days I cried and showed me the sunshine. I would also like to recognize Dr. Mannion for being my support through my research endeavours and being so kind to me, I owe a lot of my experiences to her. (Amrita S.)

Every single nursing student I shared clinical with, my nursing instructors and professors! And everyone else that makes the Bachelor of Nursing program happen—sincerely, thank you! ❤ (Jennifer B.)

Emma Boyle – she has been like my right hand throughout my entire time in my nursing degree. Also my family and friends!! (Maya D.)

Without a doubt my partner Nicole, my sister Katie, my parents, and all my close friends. (Sean LR.)

My family, friends, my dog, my hamster, and McDonald’s. (Ting A.)

I would like to thank my family for keeping me sane while going through my undergraduate degree and supporting me no matter what decision I made. Without them I would not be here. They helped me on the days I cried and showed me the sunshine. I would also like to recognize Dr. Mannion for being my support through my research endeavours and being so kind to me, I owe a lot of my experiences to her. (Amrita S.)

Thanks Mom and Dad! (Jane K.)
My nursing friend group who could understand everything that makes nursing school so challenging :-) My partner who cared for me with lots of kindness and nutritious meals while I was busy studying :-) and my preceptor who for weeks on end was at my side with patience and encouragement <3 (Alicia S.)

Honestly my peers and friends that I’ve made in this program have helped me survive this program and I don’t think I would have gotten as far as I have without every single one of them. Y’all know who you are!! Love y’all to bits!! (Mariam M.)

Thank you to Robyn Dhanoa, Caiti Brook, Karen Chance, and Kara Sealock in the faculty for supporting me when times got particularly tough and believing in me. Thank you to my family and friends too, including Brenna. (Lexi J.)

I felt very supported by the friends I made in my term three clinical lab group. They are little shining stars and made this two year experience in Calgary SO much sweeter. (Renae B.)

All the fellow students who braved and crushed this journey helping each other out and making memories! (Courtney M.)

CHEERS TO OUR PEERS
My mom. She always pushed me to be the best version of myself that I could and she was one of the reasons I went into nursing. (Zach B.)

Megan Keszler has been such a supportive instructor throughout nursing. She cares deeply about all her students and providing them with the best clinical opportunities as possible. And even when I was no longer in her group she kept in contact and provided advice and helped answer questions I had throughout my degree. (Nolan O.)

My best friend. She has been my rock and has supported me throughout the best and worst of nursing school. (Monica S.)

I can’t thank my Term 7 oncology instructors (Anne Marie and Catherine Fox) enough for awakening in me a passion for oncology nursing and palliative care! (Monica L.)

My mum was my biggest support in nursing school. As a former nurse practitioner, she understood what I was going through and always had something thoughtful to say. During the hardest two semesters of school, I would call every week and we would talk about the diseases/conditions. She would share her experiences and her knowledge and most importantly, always listened. My mum has been incredibly influential to my success in nursing school and to who I am as a nurse. (Tara G.)

Many thanks!
I want to recognize my family and my puppy Charlie for dealing with me crying, being happy, getting mad, and everything in between. I want to especially thank my dad for reading every single paper I wrote during my degree and helping me stay in the page limit, and my mom for always waking up with me when I had to be awake at 5am for clinical. And of course, I have to recognize ALL of my friends, you guys know who you are, I could not have made it through these insane four years without you guys constantly being there through my mental break downs and supporting me no matter what. (Jennifer M.)

What a supportive group of students, thank you for being you! (Kieran R.)

I (generally) had awesome instructors, but I couldn’t have survived this program without having the rest of the Jan 2018 cohort around to keep me sane! (Tegen DJ.)

My hubby and my kids for being there when I couldn’t be there for them. Term 3 SSSS group – their friendship & support in seeing me through the tough times. Heather Bensler – allowing me to be her “go-to person” and for the opportunities through FONII; Melissa Eastveld for supporting me through my first patients in LTC; Michelle Cullen for pushing me to discover my emotional intelligence; Zenaida Roxas-Boerhave for supporting me through my self-doubt in ped; Dave Patterson for his support in simulation and being around to hash things out; and Kara Sealock for believing in my abilities in my first nursing job. All of these people have been my cheerleaders, but so have many others – thanks to everyone in my 2 different cohorts for your friendship and support. (Erin M.)

I want to thank Kara Sealock for being the best professor I have ever had, all the amazing instructors and my boyfriend who let me cry and vent when I needed to. (Sydney C.)

My nursing instructor for term 7, Zenaida Roxas. (Sara I.)

WE APPRECIATE YOU!
PHOTO MEMORIES
The days are long, but the years are short.
Congratulations

YOU MADE IT

CUE THE confetti

live laugh love
Yearbook Team

Tegen Dunnill Jones

Capri Lun