April 16, 2010

For Immediate Release

MU Sinclair School of Nursing student receives national Spirit of Nursing award

Columbia, Mo. — MU Sinclair School of Nursing senior Becky M. Arand is the 2010 recipient of the national Spirit of Nursing award.

Created 20 years ago to recognize exceptional nursing students, the Spirit of Nursing award is presented annually to one undergraduate in an accredited, registered nursing program in the United States. The award is issued by the U.S. Army Nurse Corps in cooperation with the National Student Nurses Association (NSNA).

Arand was formally recognized April 7, 2010 during a ceremony at the NSNA conference in Orlando, Fla. As a recipient, Arand received an all-expenses-paid trip to the NSNA national conference and an engraved crystal award presented by Brigadier General Margaret Wilmouth. The school received a commemorative plaque.

According to Robert J. Charles Jr., CPT, Army Nurse Corps, Arand was chosen from a field of 85 highly qualified candidates because the board was particularly impressed with her exceptional drive and motivation to assist others.

“This young woman is by far one of the most talented students I have had the opportunity to work with,” said Donna Otto, MU Student Nurses Association (SNA) faculty advisor. “She is always positive, always high-energy and always willing to take on any challenge that is in front of her. She energizes other students and works hard to find opportunities to help everyone succeed.”

Arand has maintained a perfect 4.0 grade average in a rigorous nursing program while staying active in extracurricular activities. She was elected in 2009 to serve as Northern Director on the Missouri Nurses Student Association Board of Directors and serves as president of SNA. She also founded Sinclair Success, a student mentoring program where senior nursing students mentor other clinical students. She has volunteered with the March of Dimes and the Central Missouri Humane Society, in addition to activities with SNA and her sorority.

Arand’s leadership and scholarly achievements have been recognized with numerous awards, including the School’s 2009 Overall Excellence Award. She also was chosen in 2009 from among 800 students nationwide to participate in a 10-week nursing externship program at the Mayo Clinic in Rochester, Minn.

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“Becky has been an exemplary student fulfilling highest expectations for academic performance, community involvement, leadership experience and professional involvement, all areas this award recognizes,” said Judith Fitzgerald Miller, PhD, RN, FAAN, dean of the School. “She is always striving to gain new knowledge and experiences.”

Arand will graduate in May, 2010 and this summer will begin working in the Surgical/Trauma Intensive Care Unit at Johns Hopkins Hospital in Baltimore, Md.

“I felt incredibly honored and humbled to be recognized,” said Arand. “The past four years have shown me that the Spirit of Nursing is integrated into all aspects of our profession. I believe the epitome of the Spirit of Nursing can be summarized by a quote from Martin Luther King, Jr.: ‘Life’s most persistent and urgent question is, ‘what are you doing for others?’’. When nurses uphold this value, we keep the Spirit of Nursing alive and spreading.”

A 2006 graduate of Lutheran High School South in St. Louis, Arand is the daughter of Charles and Betty Arand.

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*Two photos attached. Please credit MU Sinclair School of Nursing*