

Nursing Students of Ontario



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WHO WE ARE

The Nursing Students of Ontario (NSO) is a student-governed interest group within the Registered Nurses' Association of Ontario (RNAO) that represents the voice of 8,900+ Baccalaureate nursing students within the province. Our Executive consists of nursing student leaders that organize and host events throughout their term such as webinars pertaining to various current health issues, in-person events like our iconic Model WHO Student Conference, and our Annual General Meeting. Our members also participate in political action such as attending RNAO's Queen's Park on the Road and Queen's Park Day.

STUDENT SPOTLIGHT

Involved in your school, community, volunteering, and more? We at the NSO firmly believe that nursing students' contributions should be both highlighted and celebrated. Whether it's volunteering with your program's nursing club or association, research achievements, scholarships, and more, we'd like to spotlight it for our members! Click on the following link to submit work and/or achievements you're proud of and let us celebrate with you!

[Ontario Nursing Student Spotlight](#)

TIPS & TRICKS FOR SUCCESS



The first step is to discover your learning style! Your learning style can guide how you study most effectively: visual, auditory, kinesthetic, and reading/writing.

[Discover your learning style!](#)

Individualized Study Strategies

- **Visual** - Diagrams, charts, and concept maps
- **Auditory** - Record lectures and participate in group discussions in class
- **Kinesthetic** - Practice questions, simulations, and practice hands-on skills
- **Reading/Writing** - Take detailed notes, rewrite concepts, and complete written practice questions

General Study Strategies

- **Active Recall** - Quiz yourself regularly instead of passively studying (reading notes)
- **Time Blocking** - Plan ahead and specific topics to study each day
- **Pomodoro Technique** - Study for 25 minutes, followed by a 5 minute break

Effective studying is not just about techniques, it is about taking care of yourself. Remember to take breaks, get enough sleep, stay hydrated, and eat regularly to support focus, memory, and overall academic success.

UPCOMING EVENTS

SAVE
The DATE

Model WHO

Sat, Feb 7, 2026 @ 9am-5pm EST

A full-day hybrid event at Humber River Health in Toronto, Ontario. Hosted by NSO and HRH, this event is catered towards students that have an interest in health policy and resolution writing. Students will also have the chance to network and chat with the NSO and the HRH teams. Food will be provided! Register at the following link!

[Model WHO Student Conference](#)

Planetary Health Webinar

Thurs, Feb 19, 2026 @

Join the NSO team as we host an insightful webinar and chat session with Ankur Patel RN, BScN and Dr. Barbara Astle RN, PhD. This webinar will define planetary health, the role of nursing students and nurses, and application of planetary health into our nursing practice with exemplars. Register for the webinar at the following link!

[Planetary Health Webinar](#)

Social Prescribing Webinar

Thurs, Mar 19, 2026 @ 7pm-8:30pm EST

You're invited to an educational webinar hosted by the NSO in collaboration with Margaret Lin RN, MHLP and Benji Finestone RN, BScN from the Canadian Social Prescribing Student Collective (CSPSC). Social prescribing is a novel approach for the interprofessional healthcare team to "prescribe" non-clinical interventions to address socially-related health needs. Register down below!

[Social Prescribing Webinar](#)