



Nu Rho at-Large Chapter

Winter Newsletter



Picture Caption: Our March 2025 Inductees

Message from Nu Rho President

----- DR. CHARLOTTE LIGGETT

Dear Members of Nu Rho,

On a very cold January morning I send you warm greetings with a hopeful heart that you are doing well both personally and professionally. Depending on your life and your work, you might be feeling the challenges of our time. Sigma Theta Tau International (STTI) is one of the best ways to connect and reconnect with nurses who care about the same things that you care about.

I encourage you to maintain your membership along with taking advantage of the many, many benefits we all gain from STTI. Notable among the benefits is free NCPD (Nursing Continuing Professional Development) opportunities. As a member you have access to many, many topics, which you can use to further your career and gain contact hours.

A new endeavor I'd like to share with you is our Leadership Intern Program. Graduating nurses along with experienced nurses will have the opportunity to engage with different board members to build their leadership skills. Our purpose is to promote mentoring of new and existing members, to develop future chapter leaders, and to promote innovative chapter practices. The benefits for Nu Rho members who take advantage of this opportunity are numerous:

- Reimbursement for STTI membership dues for one year
- Ability to network with nurse leaders
- Leadership skill development
- Access to supportive materials and websites
- Certificate of Completion
- Opportunity to build your resume/CV as a Sigma
- Leadership Intern

We welcome all who would like to apply to be Leadership Intern. Please feel free to contact Nu Rho Board member or contact me at cmliggett2010@aol.com. This is an opportunity you do not want to miss.



Breaking news Awards and Scholarship

DR. KRISTINE FOLLETT
Our local nursing honor society, the Nu Rho Chapter-At-Large, offers two opportunities to award and/or recognize our co-workers. Please take a moment to review these two Forms and fill them out as applicable.

The [Nursing Excellence](#) Nomination Form is used to recognize an individual who demonstrates exemplary performance.

The [Advanced Degree Scholarship](#) form is an application for a \$599 scholarship from the chapter, which can help cover the costs of an advanced degree.

If you have any questions about the forms, please let me know (kristine.follett@uau.edu). The deadline is May 15, and the awards are announced at the last Nu Rho Chapter meeting of the semester.

[Nursing Excellence Award Nomination Form](#)

[Advanced Degree Scholarship Application Form](#)



Research Grant Opportunity

- Grants of up to \$599 awarded
- Great opportunity to conduct a pilot study or support graduate degree
- Projects/dissertations.
- Applications accepted on a rolling basis
- Applicant must be a current member (dues paid) of the Nu Rho at Large chapter

[Complete requirements and application](#) by scanning the QR code or clicking above. Contact the Research Chair with questions and submit completed Grant Application materials to: Peggy Behrens: pbehrens@nebrwesleyan.edu

[See other Sigma Internation research grant and award opportunities.](#)



2026 Nu Rho At Large Induction

Please Join US

March 30, 2026, 7:00-8:00PM CST
College View Seventh Day Adventist Church
Heartland Hall
4801 Prescott Avenue
Lincoln, NE 68506

Here are a few other places to stay connected:



[Click HERE for Nu Rho's Facebook page.](#)



[Click HERE for our Nu Rho at Large Sigma Circle page](#)