

Educational and Professional Goals

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**Educational and Professional Goals**

I have always had an affinity for helping others. When I was a young child, I had my mother to look up to for this. She is an LPN and has always been my inspiration for helping others. During my time as a nursing student I have seen many students present this character trait and I am glad to finally be in place where caring as much as I do is normal. Nursing is not only a caring field though; much more is needed to endure the life of a nurse. I have asked around during my clinical experience and gotten some feedback from practicing nurses. Here are some qualities that were mentioned, being able to cope, being quick witted, caring, and understanding when to be silent. As I pondered what these meant I began to form my own opinion on where I wanted to be as a practicing nurse.

**In the beginning**

When I was growing up all I wanted to do was take care of people. I would go to work with my mother, who worked on a pediatric unit of a hospital. I would sit and play with the siblings of the sick children in the waiting area. I was a child myself and never actually realized that I was helping the family so much by just keeping the other children busy. I would make sure they had something to color and snacks from the nutrition room. I loved being able to help them. As I got older and was still going to work with my mother, I realized the impact she had on these families. Many times, I saw her receive a hug and thank you from families. At the same time, I would see her grieve with the family when bad news was given. I understood then that this is how I can help and I wanted to become a nurse.

**Educational Experience**

When I was 17 years old, I volunteered at local clinics to help people get to and from their appointments and I was allowed to observe their care if they allowed. While doing this I

realized many nurses were obtaining a BSN and going further in their careers. I knew then I would need to obtain a BSN in order to have the vast amount of opportunities I was seeking. I am currently in the Tidewater Community College ASN program concurrently with the Old Dominion University BSN program. I have many clinical experiences and one in particular has stuck with me. It was my first time documenting on a wound and I thought it would just be checking boxes, I was very mistaken. I started my note and understood how important writing a detailed note can be for the next nurse or provider who comes behind me to provide care to the client. I have since made it a goal to work on my writing abilities when it comes to nursing notes. I also have had to pick up on my communication skills. I have had some pretty stubborn clients and now am understanding why so many nurses go home mentally exhausted.

### **Moving Forward**

I have a whole career ahead of me and will be graduating my ASN program in one semester. I have begun to think about what type of nurse I want to become. I thought about all my clinical experience and have a few ideas. First, I enjoyed my OR experience and would probably make this my first choice. The roles can be so diverse and if I was to obtain this goal, I would strive to become a certified registered nurse first assist. This would most likely require me to obtain a master's degree. Eventually, when I have had my years as a floor or an OR nurse, I would like to become an educator. The professors that I have had during nursing school have been amazing and really impacted me as a person.

### **Self-Analysis**

I am always harder on myself than others, but this has made me push further and do better than most. Certain aspects I need to work on are my communication skills. When I first meet a client, I am always unsteady and nervous about how to approach them. I am getting better

throughout my clinical experience. I have a strong sense of applying the knowledge, when it comes to clinical situations. I have been told by my instructors I have “Nursing common sense”. The communication skills are always necessary, that being said there is much less communication between the OR team and a client compared to the floor nurses. My application of knowledge is key in assessing clients for perioperative complications and will help me tremendously.

### **Conclusion**

I have learned that I wanted to achieve much more than I thought. My education goals may take me awhile to achieve and that is fine, at least I will be doing what I have always wanted, taking care of someone. Throughout this journey I will obtain a mass amount of information and my plan may change. I am excited for the journey I have begun and am looking forward to the experiences along the way.

### **Honor Code**

“I pledge to support the honor system of Old Dominion University. I will refrain from any form of academic dishonesty or deception, such as cheating or plagiarism. I am aware that as a member of the academic community it is my responsibility to turn in all suspected violations of the Honor Code. I will report to a hearing if summoned.”

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