

## **Developing Educational and Professional Goals**

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NURS 401: Introduction to Professional Development for Baccalaureate

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March 5, 2023

### **Developing Educational and Professional Goals**

Since I was younger, I've always wanted to make a real difference in someone's life. I've always had the passion for caring for others, which has led me to choose nursing as my career path. Currently, this is my first semester of my professional nursing journey at Riverside College of Health Careers. I have learned many great things that I can't wait to accomplish after graduating as a licensed registered nurse. Towards the end of high school, I decided to choose a career that is challenging and offers an opportunity to help people work towards achieving a healthy state of being. My mother is also a nurse practitioner who has inspired me on my career path greatly. Witnessing the pleasure she feels everyday by caring and helping others has made an impact towards my interest in the nursing field. I think it is amazing to know that I can become a "hero" and save peoples lives.

There are other aspects that has influenced my decision to obtain my Bachelor of Science in Nursing degree such as, educational resources, community organizations, and work. In order to apply to nursing school, anatomy and physiology courses are required. Anatomy and physiology is defined as the study of the body's structures and how those structures work. This course has helped me better understand the health status of patients and the overall condition of the human body. Learning these things has always interest me, which eventually influenced me to purse this degree. Next, I am a companion aid where I go assist the elderly with their activities of daily living. This gave me a great opportunity to explore the nursing field before attending nursing school. Not only has this impacted my influence, but it has also helped me earn invaluable experiences and skills along the way. Last, the church I attend has also influenced my decision to obtain a nursing degree. Growing up my grandmother kept me

involved in church activities such as feeding the homeless, charity giveaways, and visiting women's shelters. During these activities I've come in contact with many different types of individuals all seeking emotional and physical care. Seeing the smile on their faces brought joy to me knowing that I was able to make an impact within their lives. Nonetheless, this has influenced me by being able to help my community and understand why nursing is the perfect career for me.

### **Developing Professional and Educational Goals**

While enrolled in the BSN program, I hope to achieve certain educational goals that will be beneficial to my career. An academic skill I hope to accomplish is enhancing my writing skills. This is critical to improve due to writing being a key element in nursing because it is a major form of communication. I am able to progress in this goal daily while in nursing school by completing my clinical care plans. Good writing can help allow for better patient care and safety. For example, when I become a nurse I will need to fill out reports to communicate with patients, doctors, and staff. In addition, writing effectively can ensure patient health is kept on record to ensure I am prepared to defend the information recorded if needed. Next, I hope to improve my public speaking skills. Sometimes I am not very confident when speaking to others, which hinders me from reaching my full potential in school. Public speaking skills will allow me to form trusting connections, influence decisions, and motivate change within my profession. Nurses are expected to become good health promoters in the future, so therefore advancing in public speaking is an important educational goal for me.

Nurses can work in a wide variety of places. For example, nurses can work in the cosmetic industry, trauma care, pediatrics, and etc. After completion of the BSN program, I plan

to work in the hospital and become a labor and delivery nurse. I find that helping bring new life into the world and supporting new moms during emotional times is quite fascinating. Another professional goal I hope to accomplish is opening up a family planning clinic. A family planning clinic deals with the sexual health of both men and women. I would like to provide treatment of sexually transmitted diseases, prevention, diagnosis, counseling, and advice on sexual health. I plan to accomplish this goal with my mother since she is a nurse practitioner and has inspired me to choose nursing as my career choice.

Upon starting nursing school, I have developed certain strengths and weakness that I bring to this program. My strengths include being able to critically think and being a team player. Critical thinking has helped me improve on patient-based scenarios and passing my exams. I have developed this strength overtime by asking questions and evaluating my decisions after making them. The primary goal of a healthcare team should be to provide effective care to patients while being a team player. During clinical rotations, I offer to assist my classmates in giving baths, repositioning patients, and checking vitals. I believe that collaborative problem solving can lead to better outcomes with healthcare. This strength has allowed me to connect better with my classmates as well as completing required task on time. Although I am progressing in my program, I have weaknesses that I can improve on. My top weakness is time management. Occasionally, I may wait until the last minute to study or review my notes, which does not allow me to set myself up for success. I am improving this weakness by organizing a schedule throughout the week to keep me on track. My next weakness that I have is being too empathetic. At times, I find myself getting too emotionally involved with my patients during clinicals, which can sometimes put me in a depressive state. I am learning to

control my emotions by perceiving pain, suffering, and death as part of a natural process. Based on my self-assessment, these qualities will help me reach my goals by making sure I effectively know how to care for a patient after obtaining my degree. Using my critical thinking and team player skills will help me reach my professional and educational goals by serving as a guide to every decision I make in the future.

### **Conclusion**

#### **Self-Reflection**

Overall, I am proud to say that choosing to pursue a Bachelor's of Science in Nursing has been one of my greatest decisions made. The further I get into my nursing journey, I realized how rewarding it is to be able to make people who aren't healthy feel better, even if it's just a little. From the introspection and self-reflection of this assignment, I have become more self-aware of the goals I hope to accomplish before and after my BSN degree. Self-reflecting has allowed me to learn from my weaknesses or areas of improvement to allow for more growth in the future. In conclusion, being able to help those in need of care for a living is unlike any other profession.

"I Breyanna Dixon 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."