



KRISTIN BENNETT

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2301 Ardmore Ave, Chesapeake, VA 23324

<https://sites.wp.odu.edu/nursebennett2026/>

SUMMARY

Ambitious veteran transitioning into nursing with extensive clinical experience in areas such as pediatrics, behavioral health, rehabilitation, orthopedic and cardiac units, and obstetrics. A top performer in high stress situations, highly adaptable, organized, and comfortable in leadership roles. BLS certified. BSN student at Old Dominion University on track to graduate May 2026, currently completing preceptorship in the ICU, looking for a full-time position in an acute care setting.

EDUCATION

Old Dominion University.

Bachelor of Science in Nursing - BSN
Expected May 2026

SKILLS

- Strong organizational and time-management skills
- Exceptional therapeutic communication and interpersonal skills
- Ample experience leading a team and working collaboratively with others
- Detail-oriented and able to handle multiple tasks simultaneously
- Critical thinking and clinical judgement
- Safety awareness and situational readiness

CLINICAL EXPERIENCE

Chesapeake Regional Medical Center -Chesapeake, VA

Obstetrics & Labor and Delivery Rotation | October 2025 | 36+ hrs

- Observed labor progression, fetal monitoring interpretation, and nursing interventions across various stages of labor.
- Assisted during vaginal deliveries and postpartum recovery, reinforcing education on pain management, newborn care, and warning signs of hemorrhage prior to discharge.
- Supported safe, evidence-based care for birthing families.

Chesapeake Regional Medical Center -Chesapeake, VA

2E & 2W Orthopedic and Cardiac units | Sept-October 2025 | 72+ hrs

- Provided direct patient care for post-operative orthopedic and cardiac patients, supporting recovery through mobility assistance, ADLs, and vital sign monitoring.
- Educated patients on cardiac health, mobility precautions, and post-discharge recovery, reinforcing care plans and improving patient understanding.
- Performed wound care with the mentorship of wound care nurse, learning signs of infection and proper sterile techniques.
- Medication administration, including IV pump set up, under direct supervision, demonstrating understanding of medication safety.

Children's Hospital of The King's Daughters (CHKD) - Norfolk, VA

Neuro and OR and PACU units | June-July 2025 | 48+ hrs

- Performed pediatric assessments and supported family centered care across perioperative and recovery settings.
- Assisted with pre-operative preparation and post-anesthesia monitoring, observing airway management, pain control, and safety protocols.
- Utilized age-appropriate communication with children and effective trauma informed communication with caregivers to reduce anxiety, promote understanding, and support positive patient experiences.

Sentara Norfolk General Hospital - Norfolk, Va

Rehabilitation Center| May - June 2025 | 48+ hrs

- Supported patients recovering from stroke, TBI, orthopedic injuries, and chronic illness through mobility assistance, ADLs, and therapeutic engagement.
- Collaborated with PT/OT teams to reinforce rehabilitation goals and supported patient motivation and engagement during recovery activities.
- Demonstrated strong time management while balancing care for multiple patients with varying functional needs.

Virginia Beach Psychiatric Center - Virginia Beach, Va

Mental Health Nursing Rotation | April 2025 | 36+ hrs

- Applied therapeutic communication and conducted safety focused patient assessments.
- Observed treatment planning, medication administration, and participated in group therapy.
- Supported patients with acute psychiatric and behavioral health needs.

PREVIOUS WORK EXPERIENCE

Aviation Electrician -United States Navy (Petty Officer 3rd Class)

Trouble Shooter and Shift Supervisor | November 2013–October 2017

- Supervised, trained, and mentored junior personnel in high risk, safety critical environments, ensuring adherence to strict protocols and operational readiness reinforcing a culture of accountability and error prevention.
- Demonstrated exceptional discipline, teamwork, technical skill, and decision making under pressure.
- Ensured strict compliance with aviation safety protocols while performing pre/post flight inspections and troubleshooting electrical issues within strict time constraints.
- Diagnosed and repaired complex electrical, avionics, and flight control systems on carrier-based fighter aircraft to ensure mission readiness.

Customer Service Manager - Office Max - Oak Harbor, Wa

February 2018 - January 2019

- Led and scheduled a multidisciplinary team, balancing staffing needs, training, and performance expectations collaborating with team members to meet the performance goals set, promoting a positive work environment.
- Resolved customer concerns through clear, empathetic communication, de-escalation, and problem solving in a fast-paced environment while maintaining positive guest experiences.
- Managed daily operations in a high traffic environment, balancing staffing, scheduling, and customer needs simultaneously.
- Trained and onboarded new employees, ensuring consistency, policy compliance, and professional development.

REFERENCES

Heather Hancock - MSN, RN

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Amber Smith

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