



***Bringing
Diversity to
Nursing
Portfolio***

Naomi Christianson
2009-2010

Long Term Goals

1. Graduate from UMass Lowell in 2011 with a Bachelor's degree in Nursing
2. Pass the HESI exit exam
3. Pass the NCLEX-RN exam upon graduation
4. Start working as a licensed nurse

NO 2 HB

Action Plan for Long Term Goals

To accomplish these goals, I will:

Continue to work hard and achieve no less than a B- GPA

Utilize Resources such as:

- Classmates by way of study groups and moral support
- Teachers
- Tutors
- The BDN program

NO 2 HB

2009-2010 Junior Year Goals:

1. Achieve no less than a B- (2.7 GPA) in all nursing classes
2. Pass the Med Calc exam each semester
3. Work on time management skills
4. Continue to work on improving test taking skills
5. Reduce work schedule (or at least change hours to be compatible with new schedule)



NO 2 HB

ACTION PLAN

To accomplish these goals I must:

- ✓ Use my planner to plan ahead for tests and upcoming assignments
- ✓ Keep up with weekly material and try to start studying one week in advance to avoid “cramming”
- ✓ Meet with friends to review study material regularly
- ✓ Be proactive! E-mail teachers and/or classmates regularly with questions

NO 2 HB

Current Progress

Study Groups

- I found it difficult to find time in my schedule to meet at school for study groups-was only able to meet approx 3 times during fall semester
- Instead, I routinely communicated via e-mail and telephone with a group of classmates to go over questions and also to help motivate each other.

Test Anxiety

- During the fall semester, I was really able to follow through with my goal of studying one week in advance for tests.
- I had much more difficulty following through with this during the Spring semester. This was partly due to the added amount of work that needed to be accomplished for the new clinical rotations.
- I had much more difficulty managing my time in the Spring, especially during the Med Surg rotation, because of how time consuming that rotation was for me.

Current Progress, continued

Work

- Working 24-30 hours/week at Home Health VNA
- Schedule is flexible to accommodate clinical schedule:
- The agency that I work for gave me access to computer system from home which allows me to not have to come into the office some days.
- This helps with reducing commuting time, but has proven allow me to work more hours (which isn't exactly a good thing)

Goal for next year is to try to find a part-time job in a hospital to gain more clinical experience.

Personal Goals

Exercise

- Go to gym at least 2x/week

Eat

- Eat consistently healthier meals
- Pack meals the night before to avoid morning rush

Sleep

- Get around 8 hours of sleep/night

NO 2 HB

Concerns for Next Year

- **HESI Examinations**
 - Still not confident with best choice questions
 - Tested on a wide variety of material
 - Will continue to practice taking tests on the NCLEX 3500 program
 - which is on the BDN laptops
- **Senior Year Clinical Rotation and Preceptor**
 - There is a learning curve with each new rotation to understand what is expected of me and adjusting schedule to accommodate rotation as well as commuting.
 - Fall 2010 placement: Winchester Hospital

Current Progress: Grades

Fall Semester

- Health Promotion Lecture: B+
- Health Promotion Practicum: A
(Pediatrics Rotation: A; Maternity Rotation: A)
- Nursing Assessment Lecture: B+
- Nursing Assessment Lab: A
- Pharmacology: B+

Semester GPA: 3.533

Cumulative GPA: 3.311

NO 2 HB

Reason for Pursuing Nursing

When I first moved to this state from Minnesota about 4 years ago, I took a CNA course and started working for a home health care agency. While working in home care, I really got to see first hand the role that nurses play in caring for patients. The nurses that I met cared so much for the patients and were instrumental in their road to recovery.

I still work for that same company, but now in the office. I have seen how varied the jobs for nurses are from administrative, educational, to clinical. I love that there are so many opportunities and options in the nursing field.

Nursing has to be one of the toughest jobs, but it is also one of the most rewarding. I have always loved working with patients but really enjoy being able to use my newly acquired assessment and critical thinking skills during my clinical rotations. Everyday is different with its own set of challenges, but that is why I like it so much!

Reflection



- This has been by far the most challenging year for me so far. I absolutely love learning in the clinical setting but there is a lot of work that goes along with this. From the pre-clinical prep to post-clinical paperwork and all the class work in between.
- I have learned so much from each of my clinical instructors and have acquired new skills with each rotation. With each day I am becoming more and more comfortable and confident working with patients and can't wait to see where I'll be at the end of next year.