

Reflective Reflection

From mindfulness training in first semester to caring science in fifth semester, and all the classes in between, this program has certainly help mold my identity. Thru reflection of caring science, and the influence it has played on my professional life as well as personal life I realize just how much I have grown. This introspection coupled with the learning outcomes of this program has taught me the importance of caring and compassion.

Nursing to me was a job that I was good at, and I enjoyed. I felt great satisfaction at the end of a shift knowing I was doing good for others. However, I always felt like I could do “more”. I wasn’t sure what this “more” was, but I was hopeful that my journey to becoming a BSN RN would soon yield a more defined direction towards enlightenment.

Compassion is my most prized value. This education has afforded me a new perspective on nursing care. I always believed I was a good nurse, but this program has given me the tools, voice, and confidence that I am an exceptional nurse leader. The BSN perspective of transpersonal nursing with a focus on Caritas processes has changed my whole bedside manner. I am less stressed about time schedules and more focused on increasing the quality of my care. Being involved in many committees and pursuing my staff nurse four has presented many challenges as well as opportunities to help shape the dynamic field of nursing.

Early in the program Jean Watson and her Caritas processes as well as Carpers ways of knowing were introduced to my nursing praxis. I now realize these theorists coupled with other knowledge I have gained from this program has helped define the “more” that I had been searching for.