

Goal Achievement Reflection

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I had established four goals upon starting this Bachelor's of Science in Nursing (BSN) program, two educational and two professional. As I approach graduation, it has become time to evaluate my status on these goals. My first education goal was to improve my research skills. I was not confident in my ability to appraise research articles before the program, and felt that I would pick and choose small bits of information. The coursework in this BSN program has done much help me achieve this goal. I am now able to distinguish laymen's articles versus research articles and use them as appropriately. When perusing research articles, I am also able to critique articles by identifying the type of study and what degree of evidence they provide. My second goal was to widen my perspective. I am usually working with the smallest detail, but in this program, I have been able to look at details from body systems to community and global health disease patterns. Each perspective requires different considerations, but trying each perspective was challenging and exhilarating.

The first professional goal I made was to increase my clinician level. I have not been able to achieve this goal, but I will be able to when I hold a BSN. Fortunately, many of the BSN's requirements are parallel to requirements my organization's advancement ladder. Outside of requirements for the program, I have also been involved in research and committees in my workplace, which will add to my advancement qualifications. My other professional goal was to explore avenues in nursing. I have definitely achieved this goal: this program has allowed me to establish relationships with administration, staff development and education, infection control, and surgery. I've been able to try teaching and I've learned how to interpret electrocardiograms. Nursing is varied and interesting, but I think that nursing education is most interesting. This year in the BSN program has been fast but rewarding, and I feel I have grown personally and professionally.