

## Looking Back 😊, 😊😊

As humans we always reminisce about our pasts. When I look back to when I first began nursing school, I remember thinking how will I ever make it. I would say to my father, "it will be a miracle if I graduate". He always responds by saying, "miracles happen." <sup>Now</sup> But here I am in the final stage, not necessarily looking back but looking <sup>forward</sup> to a bright future. I have chosen the following pieces of my work to be incorporated into my reflective paper because I feel they represent a part of who I am, what I have become, and what remains to be accomplished in the future.

As I was choosing the pieces to place in the portfolio I overlooked journal entries. But as I was sifting through my work to find the perfect pieces to a puzzle, I glanced at last year's journal entries. I realized for a moment that I underestimated the importance of journals. Journals give you the opportunity to glance back on your day and think about the things you did well, and the aspects you could improve on. In the future as a nurse, I will include this learning opportunity as a part of my daily routine. In a day's work you can laugh, you can cry, you can make people smile, and you can take their tears away. I feel that I won't keep a journal everyday as a nurse, but I think I should remember to keep focused and look back on my day in order to enjoy the type of work I will be doing; and not to forget the real reasons why I have chose nursing.

I also have included a poem/experiential narrative that I had written while at the clinics at Loudoun County Public Schools. I really enjoyed this experience with the kids. It made me <sup>realize, too</sup> realize that although I have to be professional in my career, I never really have to grow up; I can still have to excitement of a child. Laughter is important in our line of work as we deal with many difficult situations. Kids always help to remind us to keep it simple.

*The third example of writing*  
000 *in* my portfolio is a leadership paper that represents what is expected from a leader and why leaders are important. I feel that I won't be the greatest leader when I first approach the hospital but I hope one day when I leave people will remember me as a strong leader. I hope to be there to guide individua into making the right decision, and teaching them why it was the right one. I hope that they will have faith in me. Sometimes as individuals we are in situations where we feel blinded, but when we reach the end, we understand why we did things the way we did. I hope to lead individuals out of the dark and into the light.

The last piece is a position paper. Working on this writing assignment, gave me the advantage to reflect on how nurses need to be advocates for their patient's. It reflects the strength of research and how important it is to keep current with the newest evidence-based practices. I have acquired a keen liking for research while developing this paper. It enriched my skills on finding the appropriate research for my subject, which will be beneficial to me in the future when I need information on my interest of work.

I feel these are four important aspects of nursing that I have touched on; to laugh, to remember to have fun while remaining professional, to use evidence-based practices in your nursing, and overall to be a great leader. I looked back many times. And, every time it adds strength to my future by reinforcing the long journey that I have traveled to help me make a difference in an individual's life.

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