

Introduction



Taking the time to reflect on one's career can increase self-awareness and enhance professional development. A career development plan is a confidential and integral document created by an individual which outlines the activities undertaken during their life journey. Therefore, a professional development plan documents one's goals and skills required to accomplish dreams and is influenced by internal and external factors. Hence, a professional development plan is reminiscent of ones' past experiences and a glance at the future. Having a professional development plan in place is critical for graduate students in nursing because it enables one to keep track of their progression. My primary purpose in writing this developmental plan is to describe my educational and professional background as well explore my short and long term personal goals as it relates to my professional growth and development.

Education and Professional Background

Let's take a glance into the professional background aspect of this professional development. Ms. Henderson, a Registered Nurse, would like to share some insight about her life journey. Currently residing Queens, New York, but immigrated to the United States in 1988, from South America located in Guyana. Raised in a little village where dreams seem impossible to accomplish due to the economic development of the country. Now, excited to migrate to America so that my goals can be attained. My dreams were to become a competent nurse who has empathy and compassion for others. I was seventeen years when I arrived in the United States with no formal education. Realized then that I was up for a challenge finding employment in the United States to support myself and it will take some form of training and

skills. Therefore, I decided to enroll at a local community college in my area where I received a Bachelor's of Science in Chemical Technology in 1992 I worked for one year with my degree as a lab technician in the pharmaceutical industry. However, my dreams back in Guyana were to become a nurse, so I decided to pursue my dream by enrolling at another institution where I have earned an Associate degree in nursing 2005. Since then I have been working as an RN in various specialties such as med-surge, home care, rehabilitation, public health nurse and teaching Home Health Aid and Nursing Assistant.

I had a chance to re-evaluate the trends in nursing and saw that most employers desired nurses with a Bachelor's of Science in Nursing or a Master's of Science in Nursing. According to the American Associate of Colleges of Nursing, the minimal requirement to work as a professional nurse is a Bachelor's of Science in Nursing. Because the health care setting is shifting away from hospital centers to outpatient settings, this has created a demand for nurses to have a higher level of education to function independently (AACN, 2012). I decided to pursue a BSN at a City University of New York, York College, where I earned a BSN degree in nursing 2014. Since I now have met the minimal standard to work as a professional nurse; decided to explore other options where I can earn an advanced degree (Masters' of Science in Nursing Education). I have examined a few schools, but the one that resonates with me is Stony Brook University because of the school's mission and vision in allowing students to meet their highest potential and at the same time attain the quality education. Their program offers flexibility and affordability, and their curriculum is based on the CCRN elements for higher education as an advance practice nurse.

Employment

My working experiences are diverse and currently working as a public health nurse within the Department of Mental Health and Hygiene Office of School Health. My daily functions, as a school nurse includes administering care to students with a variety of injuries from blunt trauma to concussions. I enjoy working there because it enables me to develop caring and compassion for children with a variety of developmental delays and at the same time be a role model for them. Also, I am employed part-time as a Home Health Aide and Nursing Assistance instructor in an exclusive private school in Queens. I enjoy this position immensely because it allows me to connect with students from a multicultural background and to enable them to become the best and to strive for professional growth and development. Also, I am an American Heart Association Instructor for Basic Life Support (BLS), advanced cardiac life support (ACLS) and pediatric life support (PAL's). I am the owner and CEO of a CPR company called "The Heart CPR training." It's a small business with only three employees. I am the instructor for the CPR courses. Students who enrolled in the CPR class receive two years American Heart Association Card. As you can see, my experiences are diverse, which makes me a unique individual to work in any health care settings. My leadership skills are self-driven and based on the transformational. Therefore, these elements have prepared me to embark on a graduate level.

Professional Goals

My professional goal is to advance my study in nursing education. An advanced degree in nursing education will enable me to gain entry level teaching position as a nursing educator in a CUNY or SUNY institution in New York. Being able to teach nursing students, will demonstrate that my goals were accomplished. Moreover, I can use the new knowledge gained from Stony Brook University to enhance future nurse education. As I reflect on Stony Brook's

vision and mission statement, it motivates me to go after my dreams so I can transform the lives of others and contribute to social change in my community. Finally, having a higher education will improve my economic status by providing me financial security. Therefore, these goals will enable me to continue to uphold Stony Brook's mission statement by contributing to positive social change.

Summary

The academic skills gained throughout my studies and experiences had in part already developed due to my completion of previous degree and studies. My previous courses in nursing have equipped me with not only an understanding of what is required to produce work at a graduate level but also the time management skills to meet deadlines. Moreover, it enables me to collaborate with other members of the interdisciplinary team via professional collaboration. Furthermore, it helps me to explore my learning style as a student. I am excited about my future career as a nurse educator. I believe my past experiences and passion for teaching will prepare me to embark on this journey to pursue a master's in nursing education. Reflecting back on my accomplishments enables me to strive for a higher education. Hence, this will allow me to give back to society and make a difference in my community. My goal is to encourage others to follow their dreams so that they can contribute to social changes and attain their high potential.

Sincerely,
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