

Where to Grow Next

*This worksheet will help you explore meaningful experiences and personal insights that can strengthen your personal statement. The three personal statement areas (**Diversity & Inclusion**, **Engagement Beyond the Classroom**, and **Life Experiences**) are designed to help you identify stories that you can develop into a strong personal statement for the Traditional or Second Degree BSN application.*

Diversity & Inclusion

- Engage with diverse people or perspectives
- Support a friend or family member with different experiences
- Read or listen to stories about different lived experiences
- Reflect on your identity and growth
- Volunteer with underrepresented communities

Grand Valley Opportunities:

- Attend the annual Teach-In event
- Join cultural or identity-based student organizations
- Participate in DEI or Inclusion workshops
- Connect with Multicultural Affairs, LGBTQIA+ and Veterans Centers

Engagement

- Volunteer consistently in your community
- Work part-time and reflect on growth
- Mentor, coach, or train others
- Help at clinics, shelters, or schools
- Support a local cause or organization
- Balance work, school, and responsibilities

Grand Valley Opportunities:

- Join Pre-Nursing Association
- Volunteer through Community Service Learning Center
- Participate in Make a Difference Day
- Work on campus or lead a club
- Attend health fairs or campus service projects

Life Experiences

- Care for family or loved ones
- Reflect on personal or family illness
- Journal about moments of compassion
- Manage school, work, or life challenges
- Talk with healthcare professionals about nursing
- Job shadow nurses or participate in informational interviewing
- Complete CPR or CNA certification

Grand Valley Opportunities:

- Attend health lectures
- Attend healthcare experience panel
- Join Public Health Society or Be The Match organizations
- Volunteer at Campus Health Center or other local health systems

Your Ideas: _____