

Student Profile Brainstorming

*This worksheet is designed to accompany the Student Profile Workshop. It will help you brainstorm and organize the experiences and skills that will strengthen your student profile for the Traditional or Second Degree BSN application. It is intended for personal preparation and is **not** the actual application form.*

Part I: Skills Brainstorm

What skills does a great nurse need? Use the space below to list the skills you believe are essential for success in the nursing profession. *KCON defines exemplary student nurses as those who demonstrate the following attributes: leadership, compassion, collaboration, dedication, commitment, curiosity, and empathy.*

Part II: Experience Inventory

Reflect on experiences that have shaped you. *Consider experiences from the following categories: leadership, exposure to healthcare, life experiences, and extracurricular activities.*

Part III: Connection

Which skills are most clearly demonstrated by each experience?

Part IV: Deep Dive on One Experience

Select one experience from your list that stands out as particularly meaningful. Identify one key skill that it demonstrates and write a brief description of how this skill was applied or demonstrated.

Experience: _____

Skill: _____

Brief Description:

Part V: Reflection

Using the same experience, reflect on the following questions:

- What did you learn about yourself?
- What impact did you have on others or the community?
- Did this experience change your goals, mindset or values?

Experience: _____

Part VI: Final Statement

Combine your insights into one compelling statement (50 words max) that explains why this experience matters.

Part VII: Where to Grow Next

Reflect on areas for continued growth as you prepare for your nursing journey.

List the skills you would like to further develop:

Identify experiences you hope to pursue to strengthen those skills:

Write one or two goals you have for the future: