

## Where to Grow Next

*This worksheet will help you explore opportunities to build meaningful experiences and strengthen key nursing attributes. The experience categories (**Leadership, Exposure to Healthcare, Life Experience, and Extracurricular**) are designed to guide your thinking and support your growth as you develop a strong student profile for the Traditional or Second Degree BSN application.*

### Leadership & Collaboration

#### Leadership

- Lead a project or launch a new initiative
- Mentor or tutor peers
- Train a coworker or coordinate a team task

#### Exposure to Healthcare

- Lead volunteers at a health event
- Coordinate a shadowing experience
- Support a clinical or volunteer team
- Plan a health education session

#### Life Experience

- Coordinate a family or community project
- Take responsibility for siblings or family
- Plan and manage a complex trip

#### Extracurricular Activities

- Serve as a president, captain, e-board, or officer
- Organize a cultural or social event
- Join a leadership development program

### Curiosity

#### Leadership

- Lead a research or academic project
- Organize a discussion series on healthcare
- Present findings to peers

#### Exposure to Healthcare

- Interview a healthcare professional
- Shadow nurses in different specialties
- Engage with healthcare events or organizations

#### Life Experience

- Explore healthcare topics through media
- Research and journal about a health issue
- Attend lectures or teach-ins
- Seek mentorship from faculty or professionals

#### Extracurricular Activities

- Join a healthcare or science club
- Attend workshops or conferences
- Learn new skills

## Compassion & Empathy

### Leadership

- Lead a discussion or workshop on inclusion
- Mentor new students or peers
- Provide guidance to someone facing challenges

### Exposure to Healthcare

- Volunteer at a clinic, hospital, or care site
- Assist patients or families during visits
- Work with organizations serving underserved groups
- Support outreach or health education programs

### Life Experience

- Support a friend or family member through illness
- Attend cultural events to broaden perspective
- Volunteer with equity or advocacy programs

### Extracurricular Activities

- Join a peer support or wellness group
- Participate in service trips or immersions
- Collaborate on community health projects

## Commitment & Dedication

### Leadership

- Plan and execute a long-term project
- Lead consistently in an organization

### Exposure to Healthcare

- Volunteer in a healthcare setting
- Work in a healthcare job or internship
- Complete a certification or training program
- Join a sustained service-learning experience

### Life Experience

- Maintain a job or ongoing responsibility
- Set and track long-term academic or career goals
- Overcome a challenge and reflect on growth
- Contribute consistently to family or community needs

### Extracurricular Activities

- Participate consistently in a team or club
- Practice a skill or hobby regularly
- Take on increasing responsibility over time

*Your Ideas:*