

Developing Educational and Professional Goals Paper

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NURS 401: Introduction to Professional Development for Baccalaureate Nursing

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October 19, 2025

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This paper seek will portray my personal goals in relation to education and my future profession as a nurse. I am currently a nursing student at a community college and am also concurrently enrolled at Old Dominion University for the completion of my Bachelor of Science in Nursing degree. I have dreamed of becoming a nurse for a long time. I distinctly remember pretending to be a nurse when I was quite young. I believe my love of learning comes from my mother as she has acquired quite a lot of health-related information over the years through self-teaching. My mother experienced a stroke several years ago and I further believe that my desire to become a nurse was intensified due to that experience and the resulting life changes that occurred.

Examination of Journey

Attainment for BSN Influencers

I believe having my BSN will broaden my scope of knowledge as I learn development of professional nursing and personal growth as a future leader and collaborator in healthcare. Pursuing my BSN has also been recommended by other nurses to prepare for the future of nursing. Across healthcare there is a push for BSN prepared nurses, and I believe that pursuing the degree now will give me a headstart in the future.

Knowledge Gained from Influencers

I have learned that considering recommendations from individuals in the field is very helpful and can eliminate potential difficulties. Advisors have a job for a very good reason, and I have personally found their advice to be priceless. Being willing to reach out to an advisor and then following their recommendation has saved me a lot of headaches in previous semesters as I prepared to begin BSN classes at ODU.

Specific Educational and Professional Goals

Two Educational Goals While Enrolled

My first goal that I hope to achieve while enrolled in the BSN program is to experience growth in thinking as a professional nurse. This will assist me to process information with broader perspective, develop my critical thinking skills, and provide my patients with more helpful education.

The second goal that I have is to become more comfortable with writing professional papers. I have already seen improvement in this area, but I know that I have a lot of room for improvement. I tend to struggle with ease of flow when describing thoughts and I anticipate I will see improvement by the completion of the BSN program.

Two Professional Goals After BSN Completion

Part of the reason that I am completing my BSN is because I potentially want to become a nurse practitioner at some point in the future. I am of course still in nursing school, but I do think it is good to have a plan and having my BSN is a necessary step towards that goal.

Whether or not I do become an advanced practice nurse having my BSN will provide me with valuable information and boost my critical thinking skills which will have a direct impact on the patient care that I provide currently as a CNA. I think that I would like to work in critical care and I am under the understanding that most employers prefer BSN prepared nurses. So, if I get my BSN now, I can focus on residency as a new nurse instead of also then having to complete schoolwork simultaneously.

Self-Assessment of Strengths and Weaknesses

Strengths/ Weaknesses I Bring to the Program

I am a goal-oriented person so I will be personally motivated when I have clear path moving forward. I generally enjoy learning new things and I believe a love for learning is a strength as well as a process that should be life-long. A weakness that I have is that I tend to look at the big picture too much and can get stressed out instead of taking the problem one day at a time. And somewhat along the same train of thought another weakness is that I could improve with making better schedule for upcoming assignments and prioritizing the assignments in order instead of thinking about all of them.

Use of Personal Qualities in the Future

I will focus my energy on the most important problems at hand and develop a good plan of study. I will set attainable, relevant goals that will enable me to achieve my educational goals. I will develop patient-centered goals for my patients so that high quality care can continue to be provided to the individuals that I care for at work. I will continue to keep the “big picture” in mind while I develop my goals as well as collaborate with peers, so that I will be set up for success in education and professionally.

Self-Care

Self-Care Importance

I believe that it is critical to practice healthy self-care. Everyone has their own unique needs and should be able to find a way to care for themselves in a healthy manner. When individuals do not care for themselves, they are at a very high risk for burnout, depression, and other potentially serious conditions.

Self-Care Plans

I love being outdoors and doing activities like hiking and I will make time in my schedule for activities that refuel me. I will invest in relationships with my friends instead of retreating

into a corner when I am going through a difficult time in life. I will establish attainable personal goals to avoid situations like burnout and fatigue which impact my relationships and my patients at work.

Conclusion

Paper's Main Points

The paper began with a personal background assessment regarding my decision to become a nurse along with interests that influenced that decision. The following prompts then examined experiences which influenced my decision to attain my BSN and what I have learned through those experiences. Several educational goals that I hope to achieve while I complete the BSN program were then followed by listing several professional goals that I hope to achieve after completion of the BSN program. The second to last prompts covered a self-assessment of personal strengths and weaknesses. This was helpful in requiring an assessment of myself and how I plan to meet my goals in the future. The final points entailed the importance of self-care and then asked for a description of different ways that I plan engage in and promote resilience for my personal health.

I pledge to support the Honor System of Old Dominion University. I will refrain from any form of academic dishonesty or deception, such as cheating or plagiarism. I am aware that as a member of the academic community it is my responsibility to turn in all suspected violations of the Honor Code. I will report to a hearing if summoned.