

## Midterm Reflection Benton Coursey

During my time on Neuro/Tele, I was able to learn a lot of things. I was challenged, and I had to learn to overcome some things. During my first couple of shifts, I didn't really know how to document. I thought I did, but in all honesty, I was really just grazing the surface. I also didn't really have the confidence needed to do my job to the fullest of my ability. My communication was suffering, and I was beginning to feel like maybe I wasn't meant to be a nurse. I was feeling really discouraged and it was hard. But I listened to the advice my teacher and preceptor gave me, and it did indeed get better. I know that I still have a long way to go, but I think that I'm doing much better than I was initially. I try my best to walk into work in a good mood, and I feel like it sets me up for a successful day. I think this experience has been important for me because I learned (really fast) where my weaknesses were. I've realized that even if you have all of the knowledge and good intent in your head, it doesn't really mean much when it's not communicated or acted upon. And while I'm still not particularly good at it, I'm going to continue working on my communication every day. I know that it will get better over time, but right now I'm just taking it one step at a time.

Overall, I'm grateful for this experience because, in a way, it's forcing me to get out of my comfort zone. It's making me do the things that maybe I wouldn't have done before. It's making me look at different perspectives and approach things differently. And it's taught me just how important it is to act with confidence even when you feel nervous.