

## Alaska Anacker

1. Types of communication: I will work on using therapeutic communication techniques and paying attention to nonverbal cues. Improving this will help me build trust with patients and avoid misunderstandings.
2. Priority setting: I need to practice applying Maslow's and the ABCs to identify what is most urgent. Strengthening this skill will make me faster and safer when caring for patients.
3. Evidence-based practice: I plan to use reputable research and clinical guidelines instead of relying on memory alone. Using evidence makes my care safer and more current.
4. Quality improvement: I can improve by being more aware of how nurses identify problems and make systems safer. This will teach me to think about healthcare on a bigger scale, not just patient-by-patient.
5. Factors that affect communication with individuals and groups: I will work on adapting communication to a patient's culture, literacy level, emotions, and developmental needs. That will help me build better rapport with both individuals and groups.
6. Foundational thinking: I will try to focus on understanding concepts instead of memorizing facts. This will help me apply knowledge in clinical situations and on exams.
7. Clinical application: I need more practice connecting what I learn in lecture to real-life nursing scenarios. When I can apply knowledge instead of just recall it, I become a safer nurse.

8. Teamwork and collaboration: I will practice respectful communication with the healthcare team and speak up when needed. Collaboration helps prevent errors and improve patient outcomes.
9. Adult medical surgical: I need a deeper understanding of common med-surg conditions and nursing interventions. This will prepare me for clinicals and help me recognize complications early.
10. Patient-centered care: I will work on involving patients in their care and respecting their preferences. When patients feel heard and included, their care experience improves.