



# **CHAPTER 1:**

## **Personal Development**

# **ASSIGNMENTS**



## Assignment 1.8: My Professional Development Plan

**Instructions:** Use this worksheet to map out your long term professional goal as a series of short term goals and steps. As you do this, think about the skills that you need to develop and the steps it will take to identify and secure your preferred position. Set your long term goal for one year after graduation.

|                                                                                                                                                                                                                                                                                                    |                                                                 |                                                                                         |
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| <b><u>Today's date:</u></b><br><br><b><u>23 july 2026</u></b>                                                                                                                                                                                                                                      |                                                                 |                                                                                         |
| <b><u>Long Term Goal:</u></b><br><br>Graduate from university and Obtain my nursing licensure. And be able to Secure a full-time Registered Nurse position in a specialized hospital outside my country in us (preferably in the Intensive Care Unit (ICU) or ER ) within 1 year after graduation. |                                                                 |                                                                                         |
| <b><u>Short Term Goal 1:</u></b><br><br>Increasing my grades by keeping up with my studies while studying 3-4 hours everyday in order to have excellent academic and clinical performance by graduation .                                                                                          |                                                                 |                                                                                         |
| <b><u>Steps:</u></b>                                                                                                                                                                                                                                                                               | <b><u>By When:</u></b>                                          | <b><u>Resources Needed:</u></b>                                                         |
| Maintain a GPA of 3.5 or higher.                                                                                                                                                                                                                                                                   | Every semester until graduation 2027                            | Course syllabus, lecture ,my notes, nursing textbooks, study schedule, academic advisor |
| Prepare consistently for my exams and clinical assessments.                                                                                                                                                                                                                                        | Before every exam and clinical evaluation until graduation 2027 | Study guides, practice questions, simulation lab, instructors, study group              |
| Participate actively during all clinical rotations.                                                                                                                                                                                                                                                | Every clinical placement until graduation 2027                  | Clinical instructors, hospital mentors, clinical logbook, patient care opportunities    |
| Seek regular feedback to improve clinical skills.                                                                                                                                                                                                                                                  | At the end of every clinical                                    | Clinical preceptor, faculty advisor, self-reflection journal                            |

|                                                                                                                  |                                                                              |                                                                                        |
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|                                                                                                                  | rotation and until graduation 2027                                           |                                                                                        |
| <b><u>Short Term Goal 2:</u></b>                                                                                 |                                                                              |                                                                                        |
| Obtain professional nursing certifications and Develop advanced clinical competence during my third year         |                                                                              |                                                                                        |
| <b><u>Steps:</u></b>                                                                                             | <b><u>By When:</u></b>                                                       | <b><u>Resources Needed:</u></b>                                                        |
| Master essential nursing procedures during clinical training.                                                    | Throughout the end of my 2 <sup>nd</sup> and through my 3 <sup>rd</sup> Year | Clinical skills lab, simulation equipment, instructors, hospital placements            |
| Complete Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) certifications.                | In my 3 <sup>rd</sup> year before graduation 2027                            | Accredited training center, certification courses, registration fees                   |
| Attend nursing workshops, conferences, and seminars.                                                             | Throughout university 2 <sup>nd</sup> and 3 <sup>rd</sup> year               | University announcements, professional nursing organizations, healthcare conferences   |
| Strengthen critical thinking and patient assessment skills.                                                      | Throughout my clinical training 2 <sup>nd</sup> and 3 <sup>rd</sup> year     | Case studies, evidence-based practice guidelines, clinical mentors, nursing journals   |
| <b><u>Short Term Goal 3:</u></b>                                                                                 |                                                                              |                                                                                        |
| Prepare for my international nursing employment and preparing a list of job opportunities in the us by July 2027 |                                                                              |                                                                                        |
| <b><u>Steps:</u></b>                                                                                             | <b><u>By When:</u></b>                                                       | <b><u>Resources Needed:</u></b>                                                        |
| Research countries and hospitals with nursing opportunities.                                                     | Final year 3 <sup>rd</sup> 2027                                              | Official healthcare recruitment websites, Ministry of Health websites, career advisor  |
| Learn licensing requirements for my preferred destination.                                                       | Final year 3 <sup>rd</sup> 2027                                              | NCLEX/Prometric/DHA/HAAD websites, nursing regulatory boards, online resources         |
| Improve professional English and medical communication skills.                                                   | Throughout university until graduation 2027                                  | Medical English courses, online learning platforms, healthcare communication workshops |

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| Prepare a professional CV, LinkedIn profile, and nursing portfolio.                                                                                         | Six months before graduation 2027                                                    | Career services office, CV templates, LinkedIn, certificates, recommendation letters |
| <b><u>Short Term Goal 4:</u></b><br>Strengthen my leadership, communication, and professional skills throughout my 2 <sup>nd</sup> and 3 <sup>rd</sup> year |                                                                                      |                                                                                      |
| <b><u>Steps:</u></b>                                                                                                                                        | <b><u>By When:</u></b>                                                               | <b><u>Resources Needed:</u></b>                                                      |
| Participate in volunteer healthcare campaigns and community services.                                                                                       | Throughout university 2 <sup>nd</sup> and 3 <sup>rd</sup> until by graduation 2027   | Volunteer organizations, NGOs, university volunteer office                           |
| Take leadership roles in group assignments and clinical activities.                                                                                         | Every semester by graduation 2027                                                    | Team projects, faculty mentors, student organizations                                |
| Improve communication with patients and multidisciplinary healthcare teams.                                                                                 | During every clinical placement in hospitals                                         | Clinical instructors, patient interactions, communication workshops                  |
| Practice effective time management and evidence-based nursing.                                                                                              | Throughout university 2 <sup>nd</sup> and 3 <sup>rd</sup> year until graduation 2027 | Planner/calendar, evidence-based practice databases, nursing journals, mentorship    |