

# Reflections on my Personal and Professional Growth

9 pages | 2163 words

My time studying with the University of Phoenix online has impacted my life in many ways. I have had the possibility to find out a lot by using the Internet to help me further my education. I feel that my degree will open numerous brand-new doors for me, however first I will return and discuss my impressions from when I first started taking nursing classes online. Learning has always been extremely crucial to me. I understand that we do not get really far in this world if we are not happy to take instruction and utilize it to the very best of our capabilities. Being a student was an amazing chance, specifically in the major field that I had actually picked, nursing. Nursing is an ever-changing field, and it is extremely essential to keep up with the latest information if one is going to be expert and the best they can be in their selected profession. I feel that strengthening my understanding base made me grow in my individual life due to the fact that there was a lot that I might achieve simply by taking the actions to find out more. In nursing learning more leads to larger and higher opportunities and the chance to take jobs that might be out of reach if I did pass by to acquire higher knowledge. While discovering new things might be difficult sometimes, I feel that the understanding gotten is all worth it in the end. I first discovered the English language nine years back when I immigrated to the United States. My issue solving skills and my oral communication abilities were terrific, however I had some trouble with my writing abilities. As for recovering details and using it, I had no issue finding information, whether in books or on the Web, and utilizing it for any job that was put in front of me. Partnership was not an issue as long as it was performed in an oral manner. As I have actually mentioned, my writing abilities were only reasonable, therefore collaboration involving writing could be fairly hard. My career goals were based around degrees that I had actually already made, specifically a registered nurse degree and a breathing therapist degree. My immediate objective was to get my Bachelors of Science degree in nursing, however, I also had other goals. For example, I wished to take my 2 degrees that were already earned and utilize them to enter a nurse anesthesia school. My most lofty objective was to finish my bachelor's degree and begin taking more classes to earn a Masters degree one day. As you may see, I am very dedicated to my chosen line of work and desire to be the best at it. Education is my ticket to being the best, and I crave all kinds of new information and knowledge that will make me an excellent nurse. While I was in the program, I found that the classes raised my level of competence in several areas. While I was already quite good at problem solving and oral communication, taking classes that challenged me and required me to...

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emotional well being and resilience Communication and Relationship Building These activities focus on enhancing interpersonal skills improving communication and fostering healthy relationships supporting group members in their efforts to rebuild connections with loved ones and establish new supportive networks Goal Setting and Personal Growth This section includes exercises that encourage group members to set realistic achievable goals for their recovery and personal growth helping them to stay motivated and committed to lasting change In addition to these thematic sections the book also features numerous real world examples and case studies that illustrate the transformative power of group therapy for individuals coping with substance abuse These inspiring stories offer valuable insights and lessons for mental health professionals addiction counselors and group facilitators seeking to develop effective evidence based programs for their clients The final section of the book examines the broader implications of substance abuse treatment exploring the role of community resources family involvement and ongoing support in promoting lasting recovery and healing Topics covered include The importance of aftercare and continued support for individuals in recovery Strategies for engaging family members and loved ones in the treatment process The role of peer support groups and community resources in sustaining recovery

Personal Development Made Easy - A Step-By-Step Guide (English) - Grandmaster Avadhut Das Grandmaster Avadhut Das,2023-08-24 Unlock your potential with a step by step guide to personal development by Grandmaster Avadhut Das offering practical strategies for self improvement and growth Personal Development Made Easy The book is a comprehensive guide to personal development that aims to provide readers with practical tools and strategies to help them achieve their personal and professional goals It covers a wide range of topics including goal setting time management communication skills emotional intelligence and self care Each chapter of this book delves into a different aspect of personal development guiding you through self discovery mindset cultivation habit formation and building meaningful relationships By sharing personal stories and real life case studies the author helps you relate to the concepts and showcases their practical application Personal Development Made Easy emphasises the importance of adopting a growth mindset It encourages you to view failures as opportunities to learn and setbacks as temporary hurdles that can be overcome with persistence The step by step process outlined in this book covers essential topics such as goal setting time management positive habits effective communication emotional intelligence and building meaningful relationships However personal development is not just about acquiring knowledge and skills It is also about taking action and making positive changes in your life This requires commitment dedication and a willingness to step outside your comfort zone Personal development is not a one time event but a lifelong journey of growth and discovery so let's embark on this journey together

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A Comprehensive Library Staff Training Programme in the Information Age Aileen Wood,2007-02-28 This book discusses the issues surrounding the implementation and selling of a comprehensive library staff training programme Importantly it contains many tried and tested techniques used by the author it also includes standard documentation that readers can use in their own organisation for training purposes Covers the different types of training and the pros and cons of each Discusses the administrative role as a change agent Shows how to develop programme objectives and measureable outcomes

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other fields like psychology healthcare and more recently education Within pedagogical environments an emergent secular conception of mindfulness under the auspices of educational psychologists like Langer 1987 1997 Goleman 2008 Lantieri 2008 Roeser Skinner Beers and Jennings 2012 and Schonert Reichl and Lawlor 2010 is making headway Consequently Mindfulness Training MT resources have been applied to educational contexts in order to maximize the academic emotional physical and psychological benefits provided by this mind body approach to well being Acknowledging the increasing evidence base for the efficacy of mindfulness interventions as well as the elevated stress levels reported by many educators and their students this book discusses how mindful practices praxis and research can inform and support pedagogy curriculum and leadership initiatives in higher education in the twenty first century Alongside the multitude of recent studies in the area of Mindfulness contributors discuss their own experiences using Self study Contemplative pedagogy Living Educational Theory and Curriculum Inquiry The content of this book examines ways in which to develop habits of mind and courses of action as well as a curriculum of study that can support educators as they cultivate competencies for thriving and coping with the modern demands of being a teacher

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