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# 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 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 Everyday Awakening Dr. Gurudas Bandyopadhyay, Everyday Awakening Transform Your Life with Monthly Practices for Mindfulness Resilience and Personal Fulfillment is a year long guide designed to help you embark on a profound journey of self discovery and personal growth Each chapter of the book is dedicated to a specific month offering practical insights mindfulness techniques and actionable

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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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these regions of growth are good for studying the cell cycle because at any given time you can find cells that are undergoing mitosis in order to examine cells in the tip of an onion root a thin slice of the root is placed onto a microscope slide and

stained so the chromosomes will be visible the cells you ll be looking at in this activity

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compare and contrast mitosis and meiosis both mitosis and meiosis are involved in making new cells both start with diploid 2 sets of chromosomes o interphase occurs before both duplicating chromosomes before division o both mitosis and meiosis go through pmat prophase metaphase anaphase telophase meiosis goes through pmat twice i mitosis lab doc google docs - Apr 08 2022

the cell cycle results in the formation of two genetically identical daughter cells from the division of a parent cell in this lab you will be observing plant cells onion in the various stages of mitosis and make time calculations based on the data you collect

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observing mitosis analysis and conclusion questions 1 mitosis is much the same in animal cells as in the plant cells you have examined what can you infer from this about the origins of mitosis a i can infer that the start of cell all came from one cell and where that cell came from we do not know but it was the start from that cell it when through the process of binary fission **mitosis questions practice cell division khan academy** - Mar 19 2023

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mitosis introduction in this lab you will examine the dividing root tip cells of an onion you will examine the specimen to identify the various phases of the cell cycle to see which phases cells spend more time in and you will answer related analysis questions to further your understanding of the eukaryotic cell cycle pre lab

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sep 14 2021 the process of mitosis is only a short period of the lifespan of cells mitosis is traditionally divided into four stages prophase metaphase anaphase and telophase the actual events of mitosis are not discreet but occur in a continuous sequence separation of mitosis into four stages is merely convenient for our discussion and organization top tips for observing mitosis lab thoughtco - Apr 20 2023

jul 25 2019 procedure 1 create a data table with the following headings across the top number of cells percentage of all cells time min and the stages of mitosis down the side prophase metaphase anaphase telophase 2 carefully put the slide on the microscope and focus it under low power 40x is preferred 3

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feb 23 2022 many cells will be in various stages of mitosis number of words 244 words aim to study the image of onion cells

under a microscope and identify actively dividing cells throughout mitosis during the cell cycle s phases materials and methods refer to the practical activity handout dna observing mitosis results

stages of mitosis in onion root cells lab manual for biology - Jul 11 2022

discuss the answers to the questions with a partner think pair share and then the class activity 2 observe the stages of mitosis in onion root cells plant cells also use mitosis for growth maintenance and repair

lab 8 the modeling and microscopic observation of mitosis and - Nov 15 2022

after completing this lab exercise you should be able to identify and describe the stages of the cell cycle mitosis and meiosis recognizing the events that occur during each stage distinguish between mitosis and cytokinesis as they take place in animal and plant cells

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the onion root is also a good place because this is the area where the plant is growing remember that when cells divide each new cell needs an exact copy of the dna in the parent cell this is why mitosis is only visible in cells that are dividing like the whitefish embryo and the onion root tip mitosis can take several hours to complete

lab 9 eukaryotic cell division mitosis and - May 21 2023

exercise 1 observing mitosis under the microscope examine prepared slides of both plant cells onion allium root tip and animal cells whitefish blastula under the microscope at 400x

onion root tip mitosis stages experiment and results - May 09 2022

in general mitosis occurs through several stages that include prophase divided into prophase and prometaphase metaphase anaphase telophase because of the rapid rate at which onion root tips grow as a result of rapid cell division it s possible to observe and identify the different stages of mitosis

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observe mitosis in root tips practical activities have been safety checked but not trialled by cleapss users may need to adapt the risk assessment information to local circumstances core practical 3 observe mitosis in root tips objectives know how to prepare a temporary slide of a root tip to observe mitosis

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feb 7 2017 view under a microscope and identify the stages of mitosis results calculations the percentage of cells in each stage of mitosis can be observed and noted down a mitotic index can also be formed number of cells containing visible chromosomes total number of cells in the field of view conclusion

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exercise 2 observing mitosis in cells in this exercise you will observe the steps of mitosis in both plant and animal cells

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procedure review the images of onion root tip cells undergoing the different phases of mitosis shown in figure 10 study of mitosis in onion root tip cells cell division process - Jun 10 2022

to study and demonstrate the mitotic type of cell division using the onion root tip cells mitosis results in the formation of two daughter cells that are identical to each other learn how the experiment is carried out

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