

AI-01281 While Waiting - A Look Back

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I'm in a waiting time for my Visa application to the US, I'm an NCLEX certified Philippine nurse. What sort of things I can do while waiting that will help me prepare my new life in the US? List 30. This is how an immigrant from another country experiences when moving to the USA in the 1990's.

Here are 30 things you can do while waiting for your US Visa to prepare for your new life:

1. Research Your Future State:

- Learn about the specific nursing board regulations and requirements in your target state.
- Research the cost of living, housing, transportation, and healthcare in your chosen city or state.
- Explore popular neighborhoods and communities that suit your lifestyle and preferences.

2. Familiarize Yourself with US Healthcare System:

- Understand the differences between the US healthcare system and the Philippine healthcare system.
- Learn about common medical terminologies and abbreviations used in the US.
- Study the US healthcare delivery models and patient care standards.

3. Enhance Your English Language Skills:

- Practice speaking English regularly with native speakers or language exchange partners.

- Watch English-language TV shows, movies, and documentaries to improve your listening skills.
- Read English books, newspapers, and magazines to expand your vocabulary and grammar knowledge.

4. Prepare for the Cultural Adjustment:

- Learn about American culture, customs, and social norms.
- Research common etiquette and social cues in the US.
- Understand the importance of punctuality, direct communication, and personal space in American culture.

5. Obtain Necessary Certifications:

- Consider obtaining additional certifications like BLS, ACLS, or PALS, which are commonly required in US healthcare settings.
- Research the specific certification requirements in your target state.

6. Network with Other Filipino Nurses in the US:

- Join online forums and social media groups for Filipino nurses in the US.
- Connect with other Filipino nurses who have already immigrated to the US.
- Seek advice and guidance from experienced nurses about job hunting, housing, and cultural adjustment.

7. Start the Visa Process:

- Gather all the required documents for your visa application.
- Complete the visa application form accurately and thoroughly.
- Prepare for your visa interview by practicing common questions and answers.

8. Financial Planning:

- Create a budget to plan your finances in the US, considering factors like housing, transportation, food, and healthcare costs.
- Open a US bank account to manage your finances efficiently.
- Learn about the US tax system and its implications for foreign workers.

9. Secure Housing:

- Research online rental platforms to find suitable housing options in your target area.
- Consider temporary accommodation options like short-term rentals or staying with friends or family initially.
- Understand the rental process, including lease agreements, security deposits, and utility costs.

10. Organize Your Belongings:

- Create a checklist of essential items to bring to the US, considering factors like climate and lifestyle.
- Pack efficiently and consider shipping larger items to avoid excess baggage fees.
- Make arrangements for storage or disposal of items you won't be taking with you.

11. Learn Basic Driving Skills (if applicable):

- If you plan to drive in the US, familiarize yourself with US traffic rules and regulations.
- Consider taking a driving course to obtain a US driver's license.
- Practice driving in a simulated environment or with a driving instructor.

12. Research Job Opportunities:

- Explore online job boards and healthcare job websites to identify potential job openings.
- Tailor your resume and cover letter to US job market standards.
- Practice interviewing skills and prepare for common interview questions.

13. Understand US Labor Laws and Regulations:

- Learn about minimum wage, overtime pay, and worker's compensation laws in the US.

- Understand the rights and responsibilities of employees and employers in the US.
- Be aware of workplace safety regulations and protocols.

14. Explore Healthcare Facilities in Your Target Area:

- Research hospitals, clinics, and nursing homes in your chosen city or state.
- Identify potential employers and their hiring processes.
- Prepare for the application and interview process for nursing positions in the US.

15. Learn About US Healthcare Technology:

- Familiarize yourself with electronic health records (EHRs) and other healthcare information systems used in the US.
- Learn how to navigate different healthcare software and applications.
- Understand data privacy and security regulations in the US healthcare industry.

16. Take Online Courses and Certifications:

- Enhance your nursing skills and knowledge by taking online courses or certifications.
- Consider courses in areas like advanced cardiac life support, critical care nursing, or geriatrics.
- Obtain certifications that are recognized and valued in the US healthcare industry.

17. Practice Time Management and Stress Management Techniques:

- Develop effective time management skills to balance work, family, and personal life.
- Learn stress management techniques like meditation, yoga, or deep breathing exercises.
- Prioritize tasks and avoid procrastination to improve productivity.

18. Build a Support Network:

- Connect with other Filipino nurses and healthcare professionals in the US.
- Join social clubs or organizations to meet new people and build relationships.
- Seek support from family and friends during the transition process.

19. Learn About US History and Current Events:

- Stay informed about US politics, culture, and current events.
- Read newspapers, watch news channels, and follow news websites.
- Engage in discussions about current affairs to improve your understanding of US society.

20. Explore US Tourist Destinations:

- Research popular tourist destinations in the US and plan future trips.
- Learn about the diverse cultures and attractions in different states.
- Consider visiting historical sites, national parks, and cultural landmarks.

21. Start Learning Basic American Sign Language:

- Learn basic sign language to communicate with patients who are deaf or hard of hearing.
- Practice sign language with friends or family members.
- Consider taking a sign language class to improve your skills.

22. Prepare for Cultural Shocks:

- Be prepared for cultural differences and potential challenges during the adjustment period.
- Develop coping mechanisms to deal with homesickness and culture shock.
- Seek support from friends, family, or mental health professionals if needed.

23. Learn About US Emergency Services:

- Understand the US emergency number (911) and how to use it in case of emergencies.
- Learn about the different emergency services available in the US, such as police, fire, and ambulance.

- Know how to respond to emergencies and follow safety protocols.

24. Explore Volunteer Opportunities:

- Volunteer at local hospitals, clinics, or community organizations to gain experience and network with healthcare professionals.
- Give back to the community and make a positive impact.
- Build your resume and enhance your skills through volunteer work.

25. Learn About US Food Culture:

- Explore different cuisines and food traditions in the US.
- Experiment with cooking new recipes and trying different foods.
- Learn about food safety and hygiene practices in the US.

26. Understand US Education System:

- If you have children, research the US education system and school options in your area.
- Understand the enrollment process, curriculum, and school policies.
- Prepare your children for the cultural and academic transition.

27. Learn About US Legal System:

- Understand the basic principles of the US legal system.
- Learn about your rights and responsibilities as a resident or citizen of the US.
- Seek legal advice if needed to address any legal issues.

28. Explore Online Communities for Filipino Nurses:

- Join online forums and social media groups for Filipino nurses to connect with others who share your experiences.
- Seek advice and support from experienced Filipino nurses.
- Share your own experiences and knowledge with others.

29. Develop a Positive Mindset:

- Maintain a positive attitude and focus on the opportunities that await you in the US.

- Practice gratitude and mindfulness to reduce stress and anxiety.
- Celebrate your achievements and milestones along the way.

30. Stay Patient and Persistent:

- The visa application process can be time-consuming, so be patient and persistent.
- Stay positive and focused on your goals.
- Remember that your hard work and dedication will pay off in the end.