**What factors one needs to transition from one phase to another, how do you get from point A to point B?**

**Meleis include awareness (perception, knowledge and recognition of transition experience), engagement (degree to which one person demonstrates involvement in the process inherent in the transition), change and difference (dynamic boundaries of transition experience), time span, and critical points and events as properties of healthy transition.**

According to Afaf Ibrahim Meleis, there are three measures widely applicable or needed during transition

**1: Assessment of readiness:** This needs to be based on full understanding of the client. Assessment of each transition condition is required to generate a personal diagram of client readiness allowing clinicians and researchers to determine diverse patterns of transition experience.

**2: The preparation for transition:** Effective education is the main modality for generating the best condition to be ready for a transition.

**3: Role supplementation:** Through role supplementation any role insufficiency can be identified by the role incumbent and significant others. This also includes role clarification and role taking which can be preventive and therapeutic.

**What conditions/factors do you need to have to transition from undergraduate student to becoming a graduate of a BSN program? This does not mean a graduate student, but it means now that you have completed a BSN, What do you need to develop/obtain? What did you need to have to get to this point?**

Professional accountability and commitment motivate nurses to gain more knowledge and experience and to get adequately prepared for transition. Severe nursing staff shortage is one of the most important factors contributing to nurse’s ineffective coping with transition.  Availability of qualified preceptors and mentors could help novice staffs effectively cope with transition-related problems and difficulties. Providing nurses with preceptor- and mentor-mediated trainings would be an effective strategy for improving their coping skills and preparing them for transitions. Communication problems cause nurses to resort to ineffective defense mechanisms such as anger, isolation, and silence which in turn aggravate the situation and slow down their coping with transition. The level of perceived support is an important factor in nurse’s coping with transition. The major factor affecting nurses coping with transition is their preparedness. Factors such as staff training and development, professional relationships, perceived level of support, professional accountability and commitment, welfare services, and nursing staff shortage contributes to nurses’ preparation for transition. Given the paramount importance of transition, nurse managers and policy makers need to pay special attention to these factors and. to develop effective strategies for removing barriers and facilitating nurses’ coping with transition. Accordingly, developing and implementing comprehensive staff development and training programs, initiating mentoring programs, strengthening nurses’ professional relationships, supporting nurses during transitions, promoting their professional accountability and commitment, and enhancing the effectiveness of management systems are recommended for facilitating nurses coping with transitions.

**What changes to you plan or for see once you have completed your BSN? How will you be different/same?**

Becoming a BSN-trained nurse won’t change my ability to be a compassionate, empathetic nurse, and, in some cases, won’t change my day-to-day activities much. The education I receive from my BSN will, however, train me to become a better critical thinker. I get more opportunity for professional growth. After I complete my BSN, I want to give medical surgical certification exam as I have four years experience in measure. I always wanted to advance my career; as a result I will start looking for ICU Jobs. I want to work in ICU for 2 years and apply for Nurse Anesthetist program. It will be different because working in ICU will be completely new experience for me. I need excellent assessment and organizational skills in ICU. It is intense but on the other hand it is also rewarding and brings me close to my dream of being Nurse Anesthetist. A baccalaureate nursing education will instill and refine the bedside skills I have learned when I earned my RN degree, reminding me that I can do the tasks at hand, and do them well. Having this self-confidence will help me face adversity when it comes on my way. Confidence will show in the care I give, in the way I carry myself, and in my judgment, perception, and skill, all qualities that are needed to make a good nurse a great one.

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