**Ritu Adhikari**

**NURS 6002**

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**Professional individual**

I have worked with her for almost 3 years now, she is my Nurse manager in the hospital I work, and her name is Sharmila Soares, who is a great leader, mentor and always has a positive attitude. She also has a degree in Nursing Informatics, the same I am enrolled in right now. While she was doing my evaluation, she talked to me about going back to school, she even mentioned that she will approve me for parttime if I want to go back to school, few months later, I started looking for schools. She always motivates her staff to attain conferences, get their certifications and going back to school. She’s been a nurse for more that 30 years now and has worked in different hospitals and has a lot of Network, she has been to different countries as a part of her job. Professional Networking is one of the best approaches for nurses to land on the job they are looking for career advancement and my manager would be one of my professional references when needed. She is very supportive and willing to adjust when needed, for example if someone has a kid, if their dependent parents has any appointments or someone like me who has to balance her work, family and school that conflict with the schedule, she always tries to fix, so because of all these reasons I feel like she will support me during this MSN Journey and also as a practicing nurse in the hospital I work currently.

The next person I would talk about would be my Preceptor who is my current co-worker. She is my role model, who made my transition to ICU from a medsurg unit easier and smoother. Her name is Jenny. I found Jenny encouraging and calm. She used to give me compliments when I do good and give constructive criticism privately when I miss anything or do something wrong. I completely agree with the statement that, “Studies indicates that job dissatisfaction among hospital nurses is 4 times higher than the national average. And job dissatisfaction is a leading indicator of nurse burnout”. (Schmidt, K. (n.d)), there is already a lot of dissatisfaction among nurses and on top of that if there is no coworkers and team support it’s even worse which might lead to nurse burn out. I am so proud of my preceptor and now my coworker who always supported me, When I had some tough assignments, she comes to me with positive attitude and share similar experience that made me understand my true potential. She is in Master’s program now and she is the one who encourage me to do my Masters. I feel that she will be a great resource for me during this journey and whenever I feel like left out or overwhelmed, she’s always there to help me move further.

**Academic individuals**

This is my first week in Walden University that’s already been an amazing experience for me, and this is all possible because of Ms. Bria Jones, my enrollment specialist. I found her professional interms of behavior and language. After I submitted by application for Master’s program, she called me few days later and talk to me, even though I applied for online school I was not too sure if I want to do online or not but after I spoke to her she cleared all my doubts about online schools and talk about happy memories and better times ahead that made me accept the offer. She’s been calling me almost every day this week and make sure I am on the right track also gave me permission to call her anytime if I have any questions. She also reminds me of my due dates for my discussion boards and assignments. I think Ms Bria Jones is already a great support for my success in MSN program.

My second academic team would be all my professors here at Walden, Students are always motivated by their professors, they are extremely knowledgeable and helpful. “They can teach you about potential challenges and solutions to those challenges” ( Lindberg, G. (n.d.). Getting a degree is not an easy task, it requires a lot of hard work and dedications. We as a student always need some guidance from our professors who can teach us about the potential challenges and solution to those challenges. They can share their experiences about struggles that can come on our path and ways to overcome those struggles with their students, I think is not easy to find this type of knowledge online or in textbooks.

Schmidt, K. (n.d.). *5 reasons nurses should engage in professional networking*. BluePipes Blog. Retrieved April 16, 2022, from

<https://blog.bluepipes.com/5-reasons-nurses-should-take-professional-networking-seriously/>

Lindberg, G. (n.d.). *5 unbeatable benefits of learning from professors with industry experience*. Welcome to Saint Leo University. Retrieved April 16, 2022, from

<https://www.saintleo.edu/blog/unbeatable-benefits-learning-professors-industry-experience>