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intro

Since I entered college, I knew that I wanted to pursue a career in the medical field. Through my interactions and experiences with others, my passion has become focused on a career in nursing. Nursing is a division of healthcare which typically has a stronger focus on holistic care and I value the hands-on and relationship building components that nurses provide for each of their patients. This is the type of care that I want to administer to patients as a nurse.

Studying at SUNY College of Environmental Science and Forestry has provided me with a unique background in biology strongly based in an environmental perspective. I participate in a Horticulture Therapy Program, which helps improve physical and mental health of patients through the use of gardening and interaction with plants. During one of the program's nursing home visits this summer, one of the residents was admiring the tree near where we were sitting, along with the insects on it. I saw this as my opportunity to share with her my excitement about lichens. I asked her if she saw the green "crust" on the bark of the tree. She said yes, but that it was just part of the tree. However, this is a common misconception of lichens, a fungal and algal symbiont which often grow on trees and rocks. After explaining to her what a lichen was, she became inquisitive and asked several questions. I believe that caring for patients is more than just caring for their physical needs, but also requires being conversational and sharing knowledge with them to help alleviate their stress and improve their mood. Providing physical and mental support to people is the well-rounded care that I strive to provide as a nurse, as it is important for recovery to exercise the mind and body.

past exp. <

In addition, my job as an Outfitter at Fleet Feet Syracuse requires me to sit down with customers on an individual basis and make shoe recommendations that best suit their personal needs. This position requires not only a physical analysis of the foot, but also getting to know the customer on a personal level in order to better understand their needs. Occasionally, we are presented with customers with challenging cases, such as those who do not trust our process or have various foot issues. Particularly, one day I helped an older gentleman who came in with his wife. He was standoffish and hesitant to the idea of getting fit for shoes. I sat down with the couple and listened to his concerns of previously having a poor experience at the store as well as an explanation of his issues walking. Throughout the fit, I talked and joked with him, making him feel more comfortable and relaxed. Half-way through the fit, he was joyful and walking with significantly less pain than when he walked into the store. His wife and I sat, watching him walk around the store, as she yelled at him to slow down because he had not walked that fast in months. Although it was not an easy fit and required a great deal of critical thinking, it is one of the most memorable interactions I have had. Seeing the man zip around the store, happy as a clam, without any pain, brought me so much joy and fulfillment, helping to strengthen my desire to care for people through a career in nursing.

These are just two of the many experiences I have had working with people, fueling my passion to provide patients with holistic care as a nurse. The interpersonal skills that I possess are crucial to my success within this career. My background working at Fleet Feet Syracuse and participating in the Horticultural Therapy Program has helped me to strengthen these skills to provide individualized services and care. I am able to heighten my understanding of the patient through active listening, which allows me to be empathetic and conversational. The education and training that I would receive from the A-DDPN Program at Le Moyne College and St. Joseph's College of Nursing, coupled with these skills and personal qualities that I possess would allow me to flourish in the field of nursing.

↳ why this career path/program