



## Personal Essay for Florida College Nursing Program Application

### Instructions

- Write an essay which answers the following questions to help the nursing program admissions committee understand more about you, your perspective, your potential for success, and your preparation for engagement in a pre-professional program.
- Essays will be evaluated for professionalism, self-reflection, and quality. Essays should completely answer all prompts while still being concise, organized, and clear.
- A.I. - Do not use A.I. to compose your essay. This needs to reflect you, your experiences, perspectives, and voice. Use of software to check spelling, grammar, and punctuation is recommended.
- Format - Double-spaced, Calibri size 11 font, maximum 2,000 words (excluding optional statement).

### Writing Prompts

- Explain your interest in practicing nursing, using the American Nurses Association's definition of nursing below. Describe an example of how you observed this role applied and how you might demonstrate this role in your future nursing practice. How did you gain an understanding of the nursing role? Describe your experience.

*(Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, facilitation of healing, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, groups, communities, and populations. ANA, 2015.)*

- All professions share a common set of characteristics which help to identify them as professions. These include (but may not be limited to) "great responsibility," "accountability," "specialized theoretical knowledge," "institutional preparation," "autonomy of the professional," "having clients rather than customers," "direct working relationships," "ethical constraints," and "merit-based membership." You are encouraged to do some exploration of these concepts and then write about how professional nursing practice is defined by at least 3 of these characteristics and why that matters. Describe how these characteristics align (or will align) with your own personal values and what meaning you ascribe to them in relation to nursing.
- Reflect upon and describe a strength and a weakness which you have identified about yourself in the context of your work or volunteer experience. Self-reflection about opportunities for improvement is as important as the identification of a strength. Provide at least one specific example and describe the setting, duration of the experience, skills learned and applied, and how your interactions with others helped clarify your future aspirations as a nurse.
- Cultural humility is an essential aspect of healthcare and nursing. Cultural humility includes three principles: lifelong learning and critical self-reflection, recognize and mitigate power imbalances inherent in our healthcare system, and institutional accountability, where the institution must model and support these. Describe a healthcare experience when you worked with a patient, family, community, or population much different from yourself having or expressing beliefs and values which differed in some way from your own. Describe how you applied these three principles of cultural humility, and what, if anything, you would do



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differently if faced with a similar situation. If you have not had a personal health experience, you may write about one of which you have knowledge, or you may write about a non-healthcare related event involving a person or group with different values and beliefs from yours and apply the three principles.

**Optional statement:** If you think your transcripts do not accurately reflect your abilities and readiness for success in the BSN program, you may explain in an optional statement. Your optional statement should be no more than 500 words.