

STUDENT SPOTLIGHT

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What did you anticipate you would learn from this externship prior to going?

I hoped to learn about nursing from a unique perspective. I was willing to learn whatever they were willing to teach me! I knew I would be around some of the smartest nurses and doctors from around the world so my willingness to learn was unlimited!

Most challenging part of externship?

The self-confidence you had to have in yourself. They really want you to express what you know so you can build on it. You provide direct patient care and communicate with your patients just as an RN would, so they hold you up to that same expectation.

What was your actual day-to-day activities, responsibilities?

Every day, Monday-Friday, from 7a-3:30p I spent on my floor of the hospital (Domitilla 6B; Thoracic/Pulmonary Medical-Surgical) and was paired with an RN, 1:1, learning. I was strictly there to learn how to be an RN on the hospital floor. I also had observation opportunities to see open heart surgery, pacemaker implantation, and to spend the day on the Cardiac Medical ICU. My nurses were phenomenal!! There is an extremely educational environment at Mayo, one that I've never experienced before.

Biggest takeaway from the experience?

From a nursing standpoint, the motto, "The Needs of the Patient Come First." This is Mayo Clinic's motto and everyone that works at Mayo lives by it. My biggest takeaway from a "life experience" perspective would be to not ever limit yourself or think that you cannot do something. If there is an opportunity that presents itself, take advantage of it and do not let anyone tell you can't do it. Never in a million years would I have thought I'd have this experience. It was my willingness to meet the challenge that fueled my ambition.

Since being back in the classroom/clinicals, how has this externship helped you, prepared you for your final semester? Do you approach differently, the same?

I definitely feel more prepared now that I am back. Mayo is very big about evidence-based practice. So much of what I learned was applicable to what I'm learning now. I will say though, Mayo's motive was not to have us score better on our exams or have a leg up on NCLEX, it was to be the best nurse we could be. Values of altruism and compassion for people is what I learned. I now feel prepared to be a genuinely good nurse with the needs of the patient in mind first.

