

Individual Strengths

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## Individual Strengths Statements:

In considering my strengths, I am cooperative, good-natured, generous, helpful, humble and modest. As a professional nurse, I am non-judgmental. I am a meticulous, hard-working, well organized, and have good self-discipline and take my obligations seriously. Regarding my communication skills, I am an excellent listener, and have succeeded to mature emotionally. My qualities include my ability to maintain a courteous and caring demeanor, even in stressful situations. I have a good intellectual score which indicates that I strive to learn and maintain my current knowledge, which is essential for a good passionate nurse. I have always had the desire to study and strive even when the odds were against me and no one supported my goals. When I had the opportunity to go back to school after raising two children as a single parent, I was fully committed to achieve in becoming a registered nurse. My goal is to never stop learning and acquiring as much of life as I can.

From a professional standpoint, I am now on my second career in life. The first career gifted me with knowing how to navigate administratively, politically, socially and financially in life.

Learning how to handle people from all different walks of life was embedded in my teachings, and now I can bring this knowledge into the nursing field with more confidence. Prior work experiences gave me solid foundation of how to listen, in order to respond appropriately and how to calm and diffuse a difficult situation. Many times, we simply need to listen and teach people to see things from a different angle in order for them to comprehend things, this strength is in me through my communication skills.

My professional goals stem from facts of seeing so many of my close loved ones pass away: My father, my son, and my husband. I lost my father to the consequences of diabetes, I saw him go

through dialysis, how it weakened him and how there was no other family support but me. I saw my young child die in my arms after not knowing what to do or how to seek guidance in handling his situation. My husband died of liver disease, and once again, my ignorance took the best part of my life away. Still, under my influence, I enjoyed two other children so I embarked on surpassing the difficulties of life and vowed to bring my family to a better opportunity.

Though the above life experiences may seem like limitations, to me, they are strengths because they have made me a strong individual, with a passion to give, support, and guide. I, having gone through hardships, can reach out to them as I have walked in their shoes and understand. In essence, my strengths are: my character, personality, devotion, experiences and myself.