



## Academy of Arts, Careers and Technology

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### Capstone Self Evaluation

#### Overview:

During my senior year, I was given the opportunity to participate in a career-readiness program that allowed me to look more into the medical field. I also learned about saving money, I received help when looking into scholarships and I had the chance to visit the University Of Nevada School Of Medicine. As part of this program, during the summer I did a paid internship at Saint Mary's Regional Medical Center. Through this, I was able to work alongside nurses and doctors and was able to see a different side of the medical field. Another one of my Capstone projects was the Emergency Medical Technician (EMT) course I took here at the Academy. In addition to that, I took a math college course at TMCC as well.

#### Successes:

- I was able interact with patients from the hospital. This helped me come out of my shell more and I was able to improve my communication skills.
- Interacted with several doctors and nurses and learned new things about the medical field and what it is like working in the hospital.
- Was guaranteed a job as a patient advocate as soon as I turn 18.
- Learned new material that I would not have been exposed to had I not done this internship.
- Was able to do more hands-on things.
  - Took patient vitals, helped with fluids (with nurse supervision), helped feed/clothe patients, etc.

#### Challenges:

- Some patients were not necessarily compliant which made it slightly more difficult to help them. Some were rude and would not let the nurses do their jobs.
- Being left alone with patients for the first time was a little nerve-wrecking, I was just a student and did not know how they would react. Thankfully, most of them were very welcoming.
- Going room to room asking the patients about their hospital stay for the first couple of times was difficult. I was nervous and would stumble with my words.
  - As time progressed I slowly got better with this and by the end I was pretty confident.
- The college class in addition to the EMT course was slightly hard to balance, it was a lot of work.

#### Application to Future:

I have always been fascinated by the medical field so getting the opportunity to work at Saint Mary's was truly amazing. Not only has this helped confirm my choice of being a Neurosurgeon but it has opened many doors for me at a very young age. I will be working at Saint Mary's as a PA or Unit Clerk while attending the University of Nevada, Reno and hope to someday become a doctor there. The EMT course has also helped me see a different side to the medical field. I hope to receive my EMT certification this July so I can work on the ambulance part-time during special events such as Hot August Nights, Air Races, Rib Cook-off, etc.

Not only has this helped me decide on my career choice but it has also allowed me to get out there more. I have met some of the greatest doctors, nurses, CNA's, Paramedics, and EMT's throughout my senior year. I am so thankful for all of their guidance and knowledge they have shared with me.