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 and learn about saving money. I received help when looking into scholarships and I had the chance to visit the University of Nevada School of Medicine. Additionally, I participated in a paid summer internship at Saint Mary’s Regional Medical Center through the program. I was able to work alongside nurses and doctors and was able to see a different side of the medical field. I also conducted another Capstone projects in an Emergency Medical Technician (EMT) course in my academy. All while I took a college math course at TMCC.

**Successes**

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

**Challenges:**

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

**Application to the 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 I hope to someday become a doctor there. The EMT course has also helped me see a different side of the medical field. I hope to receive my EMT certification this July so I can work on an ambulance part-time during special events, such as Hot August Nights, Airs Races, and Rib Cook-Off.

Not only has this helped me decide on my career choice but it has also allowed me to get out into the community. I have met some of the greatest doctors, nurses, CNAs, paramedics, and EMTs throughout my senior year. I am so thankful for all of their guidance and knowledge they have shared with me.