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Strengths	
1	I perceive inserting a foley catheter a strength because I have completed this task successfully in a couple of scenarios and it has gone smoothly every time while the nurses and patients have complimented me on this skill.
2	I feel confident in assessment because I have put together holistic picture regarding patient care and related abnormalities with the pertinent condition on several occasions.
3	I am confident in administering PO medications not only due to the numerous times that I have done it, but also for my knowledge in pharmacology that allows me to explain the medication effectively to the patient.
4	I am confident in administering any form of injection as I have done so many times. The nursing skills lab has done a lot for me in allowing me to get extensive practice in that area.
5	A strength of mine is also checking blood glucose levels in patients due to the amount of practice I have received in the skills lab as well as in my clinicals.

Weaknesses	
1	Charting is my biggest weakness because we have not had any experience really with using different software that hospitals use. The SON can help by offering us more practice in clinical with charting.
2	Telemetry is another weakness because I have only really been exposed to rhythms once in med-surg. The SON should give students more practice with that across multiple semesters.
3	IV insertion is a weakness of mine, not due to the lack of opportunity to practice or the lack of training, but I feel as though I am simply not talented in that aspect.
4	IV pump management is a weakness mainly due to the lack of experience I have had with it in the clinical setting. The SON gives us plenty of practice with it, but I might not have absorbed it effectively.
5	I am not confident in managing more than 4 patients either due to the lack of experience in this. While I can prioritize care effectively, I am uncertain in my abilities to time manage the greater patient load. The SON should allow some clinical time to give students a chance to see how to manage more than 4 patients.

Goals	
1	I will be able to verbally explain and demonstrate charting on patients using the hospital's software by the end of the semester.
2	I will recognize at least 5 abnormal rhythms using telemetry and reading EKG strips by the time of midterm.
3	I will have successfully start at least 2 IVs by the end of the semester.
4	I will be able to document that I have managed at least 3 IV pumps (including a piggyback) by the end of the semester.
5	I will have been able to effectively manage more than 4 patients (with the guidance of a preceptor) at least once by the time of midterm.