

Aspiring Nurse Self-Assessment

TOTAL SCORE 200 POINTS EACH SECTION WORTH 20 POINTS

0-10 0 =LOW 5=MEDIUM 10=HIGH

Name _____

Date _____

1. MOTIVATION:

- I am deeply motivated to pursue a career in nursing.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I understand the challenges and rewards associated with the nursing profession.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. COMMITMENT TO LEARNING:

- I am dedicated to continuous learning and staying updated on medical advancements.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I am open to acquiring new skills and adapting to changes in the healthcare landscape.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. EMPATHY AND COMPASSION:

- I possess strong empathy and compassion for patients and their families.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I understand the importance of providing emotional support in addition to medical care.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. COMMUNICATION SKILLS:

- I am confident in my ability to communicate effectively with patients, families, and healthcare team members.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



- I recognize the significance of clear and concise communication in a healthcare setting.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. STRESS MANAGEMENT:

- I am equipped to handle stress and pressure in a fast-paced healthcare environment.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I have strategies in place for maintaining emotional well-being during challenging situations.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. TEAMWORK:

- I value collaboration and am prepared to work seamlessly with other healthcare professionals.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I understand the importance of teamwork in delivering comprehensive patient care.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. ETHICAL CONSIDERATIONS:

- I am familiar with ethical principles and understand their application in nursing practice.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I am committed to upholding the highest standards of ethical conduct in my nursing career.

8. CRITICAL THINKING:

- I am capable of critical thinking and problem-solving to make informed and timely decisions.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



- I can analyze situations and respond appropriately, considering both short-term and long-term implications.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. ADAPTABILITY:

- I am adaptable and can adjust to new technologies, protocols, and healthcare practices.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I embrace change as an opportunity for growth and improvement.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. PROFESSIONALISM:

- I am committed to maintaining a high level of professionalism in all aspects of my nursing practice.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- I understand and adhere to the professional code of ethics for nurses.

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. SUPPORT SYSTEM:

I have a strong support system,, village of support

L	M	H
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL SCORE

Score yourself on each criterion and use this assessment as a tool for self-reflection and growth in your journey towards becoming a future nurse. Total score 200 points each section worth 20 points

