**Essential I: Liberal Education for Baccalaureate Generalist Nursing Practice**

The essentials of baccalaureate education emphasizes important concepts such as interprofessional teams, evidence based practice, patient safety and quality improvement. Having a solid foundation and understanding is important for nurses especially during in a clinical setting. Knowing how to work with your team and knowing standard EBP can help improve patient’s overall quality of care. It is essential that nurses understand and have these fundamental because it improve the care that we give to our patient.

As a nursing student in his last nursing term, I can say that nursing has definitely been challenging, yet educational. Not only has it improved my critical thinking from a nursing perspective but also real life aspect as well. Being a nurse requires one to be a leadership, to stand up and be an advocate for their patients. My nursing student career taught me the importance of being a leader. Prior to nursing school, I was always that one person who would kind of go with the flow. Having to talk to patients and nurses during clinical shifted my mentality a little. It made me realized that if I believe in something, I have to make a stand and stand for what I truly believe in. Being a leader isn’t someone who gives directions but someone who leads by example and who is able to inspire others to do their best. An example that I like to put into this category is during my intro to MS rotation. I was on the floor with my busy nurse who seemed like she had a lot on her plate. She would try her best to attend to all her patients but it felt like she was always in a rush. My nurse was sitting down charting and I decided to look and check up on my patients. While checking, I was speaking to his one elderly lady who I started conversing with. I asked her if she needed anything and she told me she would like some water but noticed that my nurse was busy and didn’t want to bother her. I quickly got her some water and since it was almost dinner time, I asked her what she had eaten in which she replied nothing. Keep in mind that, I barely had any clinical experience at this time but I went to ask my nurse if patient was NPO or if she was able to eat. My nurse told me that patient was on a regular diet and had no restriction. It was then I realized that they forgot to give my patient some food. I told my patient that I’ll ask my nurse and have her get some food for her as soon as possible. This experience taught me that, although I was just a nursing student, It doesn’t mean that I’m powerless and that I don’t know anything. Even something as little as getting patient a cup of water or food can mean a lot for them.