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Graduated with honors on resume example

After you have completed your nursing education program and passed NCLEX-RN, you have what it takes to land that first nursing job. A stellar resume will help you get there. Showcase your individual skills and achievements to show employers that you are the primary RN they want. Highlight your education by first displaying this section below your contact information. Replace your highest grade first, as long as it is relevant to nursing. Enter an average rating if it is above 3.0 and any scholarships, scholarships, awards or awards you have earned. The education section is also a place where you can list related courses that have taken place - such as nursing, mental health nursing or obstetrics - that your employer can value. Your nursing license, excluding the actual license number, may also fit in this section. Replace your clinical experience after the education section. Provide details of practicum or clinical hours, including the name of the medical facility; the name of the department; the basic function or work you have done; and the number of hours worked. Replace this information in an easy-to-read format using concise and short language. Include additional sections that complement your education and clinical experience, as well as show that you are a good option to work with. You can include a section that lists your professional membership, volunteering, or other work experience. If you have a non-nursing experience working with similar populations, such as children or the elderly, or requiring similar traits such as compassion or empathy, join this experience. Include your language skills, or the social or leadership activities you have supported. Before you create a resume, use a highlighter to highlight skills and qualifications in a job advertisement. Use this information as a guide when writing your resume, as these are factors your employer will be looking for in your resume. A basic resume cannot last more than one page. As you gain experience as an Rn, your resume may require two sides. Use consistent formatting, minimal bold or italic, one font size for anything beyond your name, and an empty area to prevent cluttered appearance. Ask another RN or nursing professor to look at your resume and give you feedback. The career center at your school can also have examples of resumes that you can use as a template. Correction of the resume long before it is considered ready to be read by the employer. Last updated November 5, 2020 No one likes failure. The fear of failure can be so strong that the motivation for success. Uncertainty about doing things improperly causes many people to unwittingly sabotage their chances of success. Fear is part of human nature. As an entrepreneur, I had to face the same fear. My ego and identity were intertwined with my work and when go as planned, I completely closed. I have overcome this unhealthy relationship with fear and I believe you can too. Together, we will explore how you can use failure to your advantage instead of letting it lead your life. We will also look at how to overcome the fear of failure in order to enjoy success in your work and life. What is fear of failure? If you are afraid of failure, this will avoid potentially harmful situations. Fear of failure stops you from trying, creates doubt, stops progress, and can lead to opposition to your morality. What causes fear of failure? Here are the main reasons why there is a fear of failure: Patterns From Childhood Hyper-critical adults cause children to internalize harmful attitudes. They establish ultimatums and rules based on fear. This makes children feel a constant need to ask for permission and reassuly. They transfer this need for validation into adulthood. Perfectionism Perfectionism is often a source of fear of failure. For perfectionists, defeat is so terrible and humiliating that they don't try. Going out of your comfort zone becomes scary. Over-personalizing Egos can lead us to over-identify with failures. It is difficult to look beyond failure at things such as the quality of effort, mitigating circumstances or growth opportunities. False self-confidence people know with real confidence that they will not always succeed. A person with fragile self-confidence avoids risk. They prefer to play safe than try something new. As fear of failure holds backunhealthy culture organizations too many organizations today have a culture of excellence: a set of organizational beliefs that any failure is unacceptable. Only pure, unsead success will do. Imagine the stress and horror in such an organization. Continuous covering of the smallest blemishes. Wild finger pointing like everyone is trying to move the blame for the inevitable messes on someone else. Lie, cheat, falsification, and problem-hiding — until they become crises that are hidden longer. Miss out on valuable opportunities If some people fail to achieve a full answer due to the lure of some early successes, much more not because of their ego-driven commitment to what has worked in the past. You often see this with the elderly, especially those who made their names, making some critical changes years ago. They avoid further innovation, fearing that this time they may fail, diminishing the brilliance that they try to keep around their names from their former triumph. Besides, their reason, the success of something new can even prove that these achievements that they have made in the past were not so great after all. Why take risks when you can stick to your reputation, doing nothing? Such people are so deeply invested in their ego and the glory of their past that put aside the possibilities of future glory, and not even risk the possibility of failure. High Achievers Become Losers Each talent contains the opposite, which sometimes turns it into a problem. Successful people like to win and achieve high standards. This can make them so terrified of failure that it ruins their lives. When a positive trait, like an achievement, becomes too strong in someone's life, it is on the way to becoming a major obstacle. Achievement is a powerful value for many successful people. They built their lives on it. They achieve everything they do: school, college, sports, art, hobbies, work. Each new achievement increases the power of value in their lives. Gradually, failure becomes unthinkable. Maybe they've never messed up anything they've done yet, so they don't have the experience of rising above it. Failure becomes the ultimate nightmare: a terrible horror that they must avoid at all costs. The easiest way to do this is to never take risks, stick rigidly to what you know you can do, protect yourself, work the longest hours, double and triple check everything, and be the most conscientious and conservative person in the universe. If the constant hard work, diligence, brutal work schedules and harring of subordinates does not drive away the possibility of failure, use any other possible means to keep it away. Falsigraph numbers, hide something negative, hide bugs, avoid customer feedback, constantly shift the blame for mistakes to anyone who is too weak to fight. The loss of creativity over-achievers destroy your peace and the lives of those who work for them. People who are too attached to kindness and morality become self-made bigots. Those whose values of building close relationships become unbalanced slide into suffocating their friends and family with a constant expression of love and demands of love in return. Everyone likes to be successful. The problem arises when the fear of failure is dominant, when the inevitability of making mistakes can no longer be accepted, nor the importance of trial and error in finding the most creative solution can be accepted. The more creative you are, the more mistakes you're going to make. The decision to avoid mistakes will destroy your creativity. Balance matters more than you think. Some tartness must season the sweetest dish. A little selfishness is valuable even in the most caring man. And a small defeat is essential to preserve everyone's perspective on success. We hear a lot about being positive. We may also need to recognise that negative parts of our lives and experiences have just as important a role to play in finding success, at work and in life. How to overcome the fear of failure (step by step)1. Find out where fear comes from ask yourself what is the main cause of negative faith Be. If we look at the four main causes of fear of which ones resonance with you? Write down where you think fear comes from, and try to understand it as an outsider. If that helps, imagine you're trying to help one of your best friends. Perhaps your fear stems from something that happened in childhood, or deep-seated uncertainty. Naming a source of fear takes away some of its power. 2. Rephrase your beliefs with an all-or-nothing mentality, sometimes it leaves you with nothing. Have a clear vision of what you want to achieve, but join in learning something new for your purpose. If you're always striving for improvement and learning, you're much less likely to not. At Pixar, people are actually encouraged not to do it early and quickly don't. They encourage experimentation and innovation so they can stay at the forefront. This way of thinking is associated with failure, but as long as you achieve your vision of telling great stories, all obstacles are just opportunities to thrive. 3. Learn to think positively In many cases, you believe what you say. Your internal dialogue affects how you react and behave. Our society is obsessed with success, but it is important to recognize that even the most successful people face failure. Walt Disney was once fired from the newspaper because they thought it lacked creativity. He founded an animation studio that failed. He never gave up, and now Disney is a household name. Steve Jobs was also fired from Apple before returning as the company's face for many years. If Disney and Jobs believed in negative reviews, they wouldn't have done it. It's up to you to notice your negative self-speak and identify triggers. Replace negative thoughts with positive facts about yourself and the situation. You will be able to create new mental scripts that you can reach for when you feel negative. The voice in your head has a huge impact on what you do.4 Visualize all the potential results Uncertainty about what will happen next is frightening. Take the time to visualize the possible results of your decision. Think about the best and worst-case scenarios. You will feel better if you have already had the opportunity to mentally prepare for what can happen. Fear of the unknown can stop you from taking a new job. Weigh the pros and cons, and imagine potential successes and failures in making such life-changing decisions. Knowing how things can turn out can help you unstuck. 5. Look at the worst case scenario There are times when the worst case can be absolutely devastating. In many cases, if something bad happens, it will not be the end of the world. It is important to determine how bad the worst-case scenario is in the grand scheme of your life. Sometimes we give situations more power than they deserve. In most cases, the failure is not permanent. Na when you start a new business, it must be Experience. You will make decisions that you do not master out, but often that discomfort is temporary. You can change your strategy and rebounds. Even in the worst case scenario, if the perceived failure has led to the end of this business, it could be the starting point for something new. 6. Does a backup plan never hurt to have a backup plan. The last thing you want to do is soar in search of a solution when the worst happened. The old saying is solid wisdom: Hope for the best, prepare for the worst. Having a backup plan gives you more confidence that you'll move forward and take calculated risks. You may have applied for a grant to fund an initiative at work. In the worst case scenario, if you don't get a grant, are there other ways you can get the funds? There are usually many ways to solve the problem, so having a backup is a great way to reduce the anxiety associated with a possible failure. 7. Learn from what is happening, things may not go as planned, but that does not automatically mean that you have failed. Learn from what appears. Even a less than ideal situation can be a great opportunity to make changes and develop. Sometimes you win, sometimes you learn. Dig deep enough, and you are bound to find a silver lining. When you learn that failure is an opportunity for growth, not a death sentence, you overcome the fear of failure. For more tips on how to overcome the fear of failure, check out the video below: Final Thoughts To overcome the fear of failure, we can start by determining where it comes from and reformulating the way we feel about failure. When failure is a chance to develop and you have looked at all the possible results, it is easier to overcome fear. Be positive, have a backup plan and learn from what's going on. Your failures will be a source of education and inspiration, not humiliation. I didn't disappoint. I just found 10,000 ways that won't work. - Thomas A. Edison Failures can be a blessing in disguise. Go ahead with your dreams and long-term goals. More tips for conquering FearFeatured photo credit: Patrick Hendry by unsplash.com unsplash.com