

## **My Past Year experience and future plans**

Over the past year, I have been engaged in my third year of the Nursing and Midwifery program, which has been both intensive and rewarding. This period involved a combination of advanced theoretical learning and clinical practice, allowing me to deepen my understanding of patient care and apply my knowledge in real-life healthcare settings.

During this year, I successfully completed my academic courses and participated in clinical rotations in different hospital departments. These experiences helped me gain hands-on skills in areas such as child health, patient assessment, and basic nursing procedures. I also developed important professional qualities such as teamwork, communication, empathy, and critical thinking, which are essential in nursing and midwifery practice.

Although the year presented challenges, including being without a smartphone, a heavy workload and the need to balance academic responsibilities, with clinical duties and also family responsibilities. I remained committed despite all these challenges and was able to manage my time effectively and also completed all courses successfully. These experiences have strengthened my resilience and prepared me for the demands of the profession.

Looking ahead, I will be entering my fourth and final year of study, which is a significant stage in my training. My focus will be on completing my final coursework, undertaking clinical placements, and working on my research project. I aim to further improve my clinical competence, particularly in maternal and neonatal care, and ensure that I meet all the requirements for graduation.

My ultimate goal is to qualify as a competent and compassionate Nurse and Midwife who can contribute to improving healthcare services and the well-being of the community.

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