

## **New Graduate / IEN Self-Empowerment Checklist.**

**This checklist may assist the mentee when deciding on goals for the Learning Plan.**

A successful mentee is self-empowered and takes action to get the most out of mentoring.

Review this list carefully and check (✓) the items that would be beneficial to your development.

- ☐ Viewing myself as a Registered Nurse/Licensed Practical Nurse and not as a student
- ☐ Managing Shift work
- ☐ Prioritizing the realities of a full patient load
- ☐ Organizing your workload
- ☐ Practice team-building skills – bringing people to consensus
- ☐ Finding supportive experienced nurses
- ☐ Dealing with the fear of making an error
- ☐ Learning when and how to ask for help
- ☐ Seek ways to build personal empathy and better understanding of others
- ☐ Identify personal negative habits and reduce them
- ☐ Develop and practice assertiveness (versus aggressive) skills
- ☐ Dealing with intimidating physicians and other colleagues
- ☐ Learn and practice conflict resolution skills
- ☐ Focusing on the learning and growing that is occurring
- ☐ Managing sleep
- ☐ Learning to give positive feedback to colleagues
- ☐ Socializing with friends and colleagues
- ☐ Practice positive self-projection (in speech, dress, self-image, and so on)
- ☐ Finding an exercise/activity program
- ☐ Dealing with physical exhaustion
- ☐ Relish and use positive and constructive humor
- ☐ Managing unit/facility gossip
- ☐ Focusing on quality care and helping patients
- ☐ Dealing with contradictions in evidenced based care

- ☐ Telling manager/charge nurses/others when workloads are not realistic
- ☐ Delegating to the next shift, LPNs, patient/resident care workers (PCW/RCW)
- ☐ Challenging/confronting/questioning inadequate nursing care
- ☐ Fitting in your breaks
- ☐ Explore other nursing specialties/areas
- ☐ Dealing with difficult patients
- ☐ Dealing with difficult families
- ☐ Coping with death and dying
- ☐ Understanding the roles of other professions
- ☐ Accessing continuing education
- ☐ Managing critically ill patients
- ☐ Coping in a code
- ☐ Choosing a career path
- ☐ Incorporating patient/family education into the workload
- ☐ Developing/Perfecting specific clinical skills list\_\_\_\_\_

This list may help the Mentee determine their goals over the next 12 months and assist with developing a learning plan.

