INCREASING THE SELF-CONFIDENCE OF GRADUATING BACCALAUREATE DEGREE NURSES THROUGH THE USE OF A CREATIVE ARTS PROJECT

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ABSTRACT
Attainment of knowledge is a precursor to self-confidence. Graduating students from a BSN nursing program have attained the requisite clinical skills and theory knowledge base to be entry level nurses.

Self-confidence is a valued attribute in which an individual believes in their abilities. Clients must feel safe in the care of nurses. It is imperative that all nurses exhibit a level of self-confidence that makes patients comfortable.

Support systems are essential for new nursing graduates to encourage their self-confidence in practice. The students in this study voiced a lack of self-confidence to the researcher in their final theory course. This led to the researcher’s idea for an engaging art project to boost their self-confidence.

OBJECTIVES
1) After viewing this poster, the learner will be able to discuss how self selection of a personal motto helps increase self-confidence.
2) After viewing this poster, the learner will be able to identify creative uses of art materials to engage nursing students in self expression.

RESULTS

MATERIALS AND METHODS
Using fifteen minutes at the start of four class sessions, students selected colors and shared the reasons for their choices. They also reflected on a personal motto that would boost their self-confidence. All students reported having difficulty with this as they never considered a personal motto. Their choice of colors was incorporated into a flower with their name and motto on it. The researcher also incorporated a chrysalis and butterfly into the artwork signifying the students’ evolution of becoming a graduate nurse. The researcher mounted the artwork and enclosed it in an eight by ten desk frame. Each student received a frame with the class’s artwork at their pinning ceremony.

REFERENCES


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CONCLUSIONS
Feedback from the students, other faculty members, and administration has been positive. This study has implications for global research incorporating creative arts in nursing curriculums.