

# 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.

## 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.



## REFERENCES

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