**Title:**
SPECIAL SESSION: From Cherry Ame's Nursing Dreams to Sigma Theta Tau International Hall of Fame

**Presenter:** Jane M. Armer, PhD, RN, CLT, FAAN

**Type:**
Oral

**Keywords:**
Aspirations, Nurse researcher and Professional development

**Summary:**
The presentation will share the story of progressing from the childhood dreams of becoming a nurse through the journey to becoming a successful nurse clinician, educator, and researcher.

**Final Number:**
K 01

**Slot:**
K 01: Saturday, 29 July 2017: 3:30 PM-4:00 PM

**References:**


**Learning Activity:**

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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<tr>
<td>The learner will be able to identify the phases of growth of a nurse researcher.</td>
<td>Examples of aspirations and career decisions leading to professional growth will be shared.</td>
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<td>The learner will be able to identify motivational strategies to enhance goal-achievement in nursing and other professional endeavors.</td>
<td>Examples of motivational strategies and wisdom will be shared from various developmental stages and cultures.</td>
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**Abstract:**

“Before you can make a dream come true, you must first have one.”

Ronald E. McNair, PhD, was a mission specialist on the 1986 Challenger space shuttle, and the first African-American astronaut for the United States’ mission in space. His legacy was memorialized by establishment of the Ronald E. McNair Post-Baccalaureate Achievement Program and the McNair Scholars Program in 1986. This quote is the motto for the McNair Scholars Program.

This session focuses on the value of dreams in setting and achieving our goals. Dreams are the first steps in intrinsic motivation and setting goals, even when they may seem out of reach.

In this session, the life story of a successful nurse researcher will be shared. The narrative will begin with childhood perceptions and aspirations of becoming a nurse based on the images portrayed in the popular 1960s-era book series Cherry Ames. The story will continue through the educational journey (training and certification as a nurse’s aide, a medication aide, a diploma nurse, a bachelor’s prepared nurse, a clinical nurse specialist in gerontology, a PhD-prepared nurse faculty, a post-doctoral fellow, a specialist in lymphedema management, and an NIH fellow in genetics) to becoming a nurse clinician, educator, mentor, and researcher. Establishment of programs of
research in community-based gerontology; multi-generational and multi-cultural health beliefs and behaviors and chronic disease; and breast cancer survivorship will be shared. Professional service includes membership on the Board of Directors of the Lymphology Association of North America, on the Medical Advisory Committee and editorial committee of the National Lymphedema Network, and as founding director of the American Lymphedema Framework Project which aims to increase awareness of lymphedema and improve care for persons with lymphedema in the US and around the world. Outcomes contributing to a research legacy will be summarized. Recognition of career accomplishments have come in the form of a three-time National Lymphedema Network ‘Making a Difference Day’ award; the International Lymphoedema Framework’s Outstanding Contribution to Research award; induction as a Fellow of the American Academy of Nursing; being named ‘Extraordinary Faculty’ at University of Western Cape, Republic of South Africa; and now the 2017 Sigma Theta Tau International Nurse Researcher Hall of Fame. Opportunities, diversions, and decision points will be noted. Motivational strategies and accumulated wisdom will be summarized. Opportunities for questions and answers will conclude the session.