



# What can I do with a major in **NURSING** from Valparaiso University?

## Description of major:

Students in the Bachelor of Science in Nursing program will:

1. Provide comprehensive health care based on nursing theories and research findings in the primary, secondary, and tertiary levels of prevention in the health care system (keeping people well; caring for those who are sick, injured, handicapped or elderly; and helping people to attain, maintain, or regain health status).
2. Synthesize theoretical and empirical knowledge from the sciences and humanities with nursing theory and practice.
3. Assume the professional role as a teacher, manager, caregiver, researcher and lifelong learner.
4. Value each person as a holistic being who perpetually interacts with and is influenced by the internal and external environment.
5. Apply an understanding of the social, cultural, economic, ethical, legal, and political influences on the health care system to nursing practice

## Relevant skills for a NURSING major:

- ◆ Assist clients to achieve high-level wellness
- ◆ Administer medications and treatments as ordered by physicians or advanced practice nurses
- ◆ Analyze complex biopsychosocial data
- ◆ Assess and record symptoms, reactions, and progress of patients
- ◆ Assess patients' needs and develop individual care plans
- ◆ Be accurate with details
- ◆ Communicate well, both orally & in writing
- ◆ Direct and supervise other staff
- ◆ Educate patients and family members concerning treatment & proper health habits
- ◆ Handle confidential information
- ◆ Have an aptitude for applied science
- ◆ Have manual dexterity
- ◆ Know medical terminology
- ◆ Maintain client records
- ◆ Make critical observations, sound judgements and appropriate decisions
- ◆ Organize client care
- ◆ Perform routine lab tests
- ◆ Provide bedside nursing care
- ◆ React spontaneously and maintain emotional and physical composure in stressful situations
- ◆ Read, write & follow directions proficiently
- ◆ Solve problems
- ◆ Utilize information systems
- ◆ Work cooperatively with people of differing backgrounds and personalities and others!

## Sample work activities for Graduates in NURSING (some may require an advanced degree)

- Administrator, corporations
- Cardiac Nurse
- Case Manager
- Community Nurse
- Director of Nursing
- Family Practice Nurse
- Field Nurse, military
- Flight Nurse
- Forensic Nurse/Sexual Assault Nurse Examiner
- Geriatrics/Nursing Home
- Head Nurse
- Health Management Instructor, (diabetes, cardiac care, etc.)
- Home Health Care/Visiting Nurse
- Hospital Administrator
- Intensive Care Nurse
- Maternal Infant Nurse
- Medical Sales Representative
- Neonatology Nurse
- Nurse Administrator
- Nurse Anesthetist
- Nurse Clinician
- Nurse Midwife
- Nurse Practitioner
- Nurse Supervisor
- Nursing Home Administrator
- Occupational Health/Worker's Comp Nurse
- Occupational Therapist
- Oncology Nurse
- Outpatient/Surgical Center Nurse
- Parish Nurse
- Pediatric Nurse
- Pharmaceutical Representative
- Professor, college/university
- Rehabilitation Nurse
- Risk Manager
- Psychiatric Nurse
- Public Health Nurse
- School Nurse
- Surgical Nurse
- Trauma Care Nurse
- Traveling Nurse and others!

### **Potential hiring institutions for NURSING majors:**

- ◆ Armed Forces/Military
- ◆ Colleges & Universities
- ◆ Community health clinics
- ◆ Corporations/Industry
- ◆ Healthcare software companies
- ◆ Hospitals
- ◆ Insurance Companies
- ◆ International Aid/Volunteer Organizations
- ◆ Mental health institutions
- ◆ Migrant centers
- ◆ Nursing Homes
- ◆ Outpatient/Surgical Centers
- ◆ Peace Corps/Americorps
- ◆ Pharmaceutical Companies
- ◆ Physicians' offices
- ◆ Prisons
- ◆ Private homes
- ◆ Public health departments
- ◆ Rehabilitation centers
- ◆ Schools - Primary/Secondary
- ◆ Social Service Agencies
- ◆ and others!

### **Area of further education for NURSING majors:**

Allopathic Medicine	International Health
Advanced Practice Nursing	Maternal & Child Health
Business Administration	Maternal/Child-Care Nursing
Cardiac Nursing	Medical Physics
Chiropractic Medicine	Medical/Surgical Nursing
Communication Disorders	Neonatal Intensive Care
Community Health	Nurse Anesthesia
Emergency Medical Services	Nurse Midwifery
Environmental & Occupational Health	Nursing
Epidemiology	Nursing Administration
Gerontological Nursing	Nursing Education
Health Law	Oncology Nursing
Health Physics/Radiological Health	Pharmaceutical Administration
Health Promotion	Psychiatric Nursing
Health Services Management/Hospital Administration	Public Health
Health Services Research	Public Health Nursing
Industrial Hygiene	Rehabilitation Nursing

### **Sources of additional information for NURSING majors:**

- ◆ VU College of Nursing: <http://www.valpo.edu/nursing/>
- ◆ Occupational Outlook Handbook – Health Assessment & Treating: Registered Nurse: the US Bureau of Labor Statistics compiles information about various occupations, including the nature of the work, the job outlook, the earnings, and other relevant information. <http://stats.bls.gov/oco/ocos083.htm>
- ◆ NursingWorld: The official website for the American Nurses Association that includes Employment Opportunities Also has a very thorough listing of both state associations and specialty nursing organizations. <http://www.nursingworld.org>
- ◆ CaringJobs.Org: employment listings for healthcare professionals. <http://www.caringjobs.org/>
- ◆ HealthDirection: job seekers can find thousand of jobs in nearly 100 health professions. You can apply online directly to a job, or have your application sent to several employers at once. <http://www.healthdirection.com/>
- ◆ Hirehealth.com: A national database of jobs in the pharmaceutical, biotechnology, life science, clinical research, medical & health industries. <http://www.hirehealth.com>
- ◆ National League for Nursing: advance quality nursing education that prepares the nursing workforce to meet the needs of diverse populations in an ever-changing health care environment. <http://www.nln.org>
- ◆ National Student Nurse Association: Includes a Career Center with employment links <http://www.nсна.org/>
- ◆ NurseScribe: Lifelong learning resources for Nursing students, Staff Nurses, Nurse Educators, and Nurse Authors. <http://www.enursescribe.com>
- ◆ NurseWeek: Job opportunities and nursing news. <http://nurseweek.com/>
- ◆ NursingJobs: nursing jobs board. <http://www.nursingjobs.com/>

## **Sources of additional information for NURSING majors (cont.):**

- ◆ **Nursing Spectrum:** Career Fitness Online – America's #1 Career Site for RNs by RNs. Includes Career Management, Job Search/Employers, Careers in Nursing, Continuing Education and other info. <http://www.nursingspectrum.com/>
- ◆ **RNJobs.Com:** designed for RNs, LPNs, Nurse Managers and Surgical Techs who are seeking employment. <http://www.rnjobs.com>
- ◆ **Whole Nurse:** resources in holistic nursing <http://www.wholenurse.com/>

### **VU Career Center Resource Library Materials:**

- *100 Best Nonprofits to Work for*
- *Alternatives to the Peace Corps*
- *Career Opportunities in Health Care*
- *Education for Action: Undergraduate and Graduate Programs That Focus on Social Change*
- *Essays that Worked for Law Schools*
- *Graduate Admissions Essays: Write Your Way into the Graduate School of Your Choice*
- *Graduate Programs in the Health Professions*
- *Graduate Schools in the U.S*
- *Guide to America's Federal Jobs*
- *Health Care: Our Career for the 21st Century*
- *Hospital Blue Book*
- *Job Surfing: The Sciences - Research & Medicine*
- *Opportunities in Chiropractic Health Care Careers*
- *Opportunities in Gerontology and Aging Services Careers*
- *Opportunities in Government Careers*
- *Opportunities in Health and Medical Careers*
- *Opportunities in Law Careers*
- *Opportunities in Nursing Careers*
- *Opportunities in Occupational therapy Careers*
- *Opportunities in Osteopathic Medicine Careers*
- *Opportunities in Physical therapy Careers*
- *Opportunities in Physician Careers*
- *Opportunities in Sports Medicine Careers*
- *Peterson's Game Plan for Getting into Graduate School*
- *Peterson's Game Plan for Getting into Law School*
- *Peterson's Graduate & Professional Programs, An Overview*
- *Peterson's Graduate & Professional Programs in Business, Education, Health, Information Studies, Law & Social Work*
- *Resumes for Health and Medical Careers*
- *Resumes for Nursing Careers*
- *The Book of U.S. Government Jobs: Where They Are, What's Available, and How to Get One*
- *Your 1st Year As a Nurse*
- *and others!*

### **For more information about majoring in NURSING, contact:**

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**For more questions about your career decisions, please make an appointment with a VU Career Counselor by calling 464-5005, stopping by the Career Center in Alumni Hall or e-mailing us at [Career.Center@valpo.edu](mailto:Career.Center@valpo.edu)**

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