

# MARISA SULLIVAN

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## **Welcome to My Online Portfolio!**

My name is Marisa Sullivan and I am a Senior at Minnesota State University, Mankato. I am majoring in nursing and am currently finishing my fourth and final year here at Minnesota State. Being a part of the honors program at MNSU has opened my eyes to many opportunities that I did not know existed. These opportunities have allowed me to expand my knowledge through self-reflection and research. In my portfolio, I have a collection of my most meaningful opportunities from my time here at Minnesota State as well as some jobs that have shaped me into who I am today.

## **Personal Mission Statement:**

I, Marisa Sullivan, hope to help a lot of people. I hope to be a positive encouraging influence on people, and inspire them to live passionately.

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### Why Honors?

If I am being completely honest with myself, I signed up for honors freshman year because a girl sitting next to me in one of my classes kept encouraging me to applying for it. After being in the program now for the past three years, I can easily say it was one of the best opportunities that I've had to develop and reflect on my college education. I am very grateful that I ended up attending Minnesota State for college and was able to be a part of the honors program.

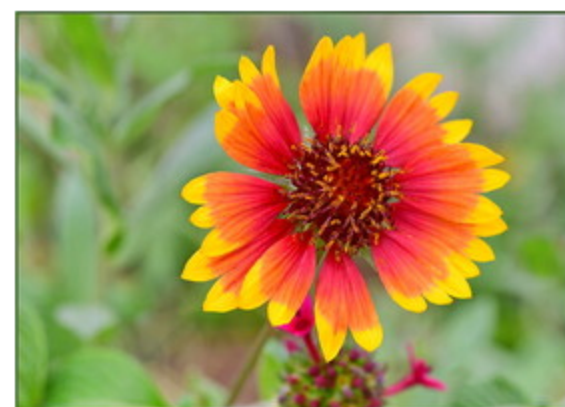
Freshman year I started as an exercise science major and at semester ended up switching to nursing. I'm so happy I switched to nursing. Nursing has been quite the whirlwind and honors has helped me take the time to reflect on how far I have come over the years as well as push me to try new things I normally would not have tried. Now I'm only months away from graduation and I still feel like I don't know much, and I feel very unprepared to become a nurse. However, looking back at old assignments and early reflections, it amazes me how much I have learned both in my professional and personal life. I have loved the opportunity to reflect on my clinical and on my job. I have also loved the opportunities for leadership and research that have been presented to me and I am grateful I took the leap of faith to try some of them.

Additionally, I have felt like every class that I have had to take with honors happened at the most perfect time. My first semester in the nursing program my junior year I was very overwhelmed and thankfully that semester I had signed up for honors yoga which forced me to take some time to myself every Wednesday night. When I took the 455 courses, both times it happened when I needed to reflect the most. Reflecting has helped pushed me to be a better student and a better person. When you look back it is easy to see when a mistake was made or an opportunity was missed and for me, by writing a lot of my experiences down, I was able to become more self-aware of how I can improve.

I have realized that my biggest goals in life are to always leave everything and everyone better than I found them, to be able to help as many people as I can, and to be happy and inspired with who I surround myself with. Minnesota State has brought some of the best people I know into my life, and I am incredibly grateful for all this college and honors experience has given me. In the future I hope to be able to inspire people to always work towards the best version of themselves and to try and make a difference in something. It sounds very cliché, however; I truly believe that leaving a positive impact on others can and will make a difference somehow. It may not solve huge world issues, but it has the potential to make a huge impact in someone's life.



Leadership



Research



Global Citizenship



Leadership Synthesis

Over the past four years I have had countless experiences that have helped me to develop my leadership skills. The most notable experience that contributed to my tremendous growth in leadership was my assistant management position at the local pool in my hometown. Throughout my time in the management position, I was challenged many times. I had many encounters with angry parents, patrons, and staff as well as dealing with staffing issues, emergencies, and any issue at the pool. I learned how to effectively lead a group of around 100 teenagers with the other three managers I worked with. The leadership qualities I incorporated into this position were empathy, inclusiveness, good communication, flexibility, and restoration. These closely align with a lot of my strengths from the StrengthsFinder assessment. This job made me feel like I grew up in the duration of one summer and again each summer after that. I handled situations I never would have dreamed that can happen at a pool. This job is what taught me how to remain calm amidst complete chaos. It taught me how to lead others under pressure with no warning with situations that can change in an instant. I also learned the importance of instructing and consistent knowledge checks with the staff.

One other experience that has contributed greatly to my leadership skills is my job at the hospital. I have learned how to communicate effectively in a team and how to be flexible as to what my role is. I applied the skill of remaining calm in chaos I learned from the pool into my job as a CNA at the rehab hospital. This job taught me valuable time management skills and how to kindly lead and encourage my patients to keep going on their toughest days.

One of my biggest personal successes from the hospital was when I had a patient who was highly irritable with staff because of the circumstance they were in. I went into their room as they were crying from an argument over the phone and took some sticky socks and a washcloth to make it look like a sock monkey. The patient began to tell me how stupid it looked, and I agreed with them which made them laugh. After talking with the patient, I reassured them that they were not alone and could use the sock monkey as company. For the first time that shift the patient lowered their voice and said thank you. This experience might be small or nonexistent to others; however, to me it further instilled the passion I have to help others and how I can lead others with empathy through some of the most difficult times in their life.

After reflecting on my leadership experiences throughout my four years of college I found that every job I started that scared impacted me the most. This has led me to develop my own leadership philosophy. In my leadership philosophy I hope to guide others with empathy, flexibility, restoration, and encouragement. Through my experiences I have started to develop a sense of confidence when handling situations on the fly and trusting my instincts to lead myself and others in the right direction to grow and learn from every future experience. In the future, I hope to be a leader in my workplace and provide high quality patient-centered care. I believe I can attain this by applying my skills of self-reflection and my leadership philosophy I developed in the honors program to inspire and encourage others.



Student Nurses Association: Volunteer Coordinator



Mercy Rehabilitation Hospital: Certified Nursing Assistant



Clive Aquatic Center: Assistant Manager



Girls on the Run Head & Assistant Coach



Honors 201: StrengthsFinder Assessment



Research Synthesis

Throughout my college experience, my research skills have grown immensely. When I first arrived at Minnesota State, I had not completed much research. In my first couple years, I learned the vital skills of searching for quality information and how to incorporate the information into my projects. I then learned how to synthesize information together from many different sources. Learning how to synthesize information helped me in the process of conducting my original research project. As a freshman, I never would have guessed that I would be presenting any research especially in the formats that I am now.

I always thought research had to be something really fancy that is presented at a huge conference in front of a huge crowd; however, I have since realized that is not the case. In one of my beginning courses in the nursing program I had to write a paper on blood transfusions. Writing this paper challenged me to find credible sources to analyze and include in my writing. Additionally, my heart failure project was one of my biggest research challenges because I had to layer and synthesize a lot of information into one piece of work. I like how abstract a lot of my research has been and less focused on numbers. Specifically, I have researched processes and concepts like the standard of practice for blood transfusions and my tree of pathophysiology for heart failure. I did not realize how much research I was doing just to learn information regarding best nursing practices.

One of my most meaningful research projects has been my participation in the international week conference. I enjoyed getting to work with others outside of the United States and comparing our lives. Although the research we did for the international week was to put together a case study, I believe I learned much more from just interacting with the other students. It was interesting to see the differences in healthcare systems in the various countries and all the different resources that are offered depending on where you are. This conference instilled in me the value of continuing to learn about other methods of practice through conversation with other nurses. I learned a lot from participating in the conference with the international students and I look forward to presenting more on that later this semester.

In conclusion, one of the major takeaways I have from research is the importance to continuously improve and research different things. I learned that the research process is never really complete per say, one just finds a good point of connection. It amazes me how much of effect research can have on everyday life even down to the order in which we begin a blood transfusion. I look forward to continuing research in my future practice as a nurse to refine processes and develop better patient care. I think research will be vital in the future of nursing in order to holistically care for patients and families. There is a lot that can be improved upon in the healthcare system and I look forward to working towards making it better in the future.



International Week Conference



Mercy Rehabilitation Hospital: CNA



Blood Transfusions Paper



Pathophysiology Heart Failure



Global Citizenship Synthesis

I believe global citizenship is one of the competencies that I have grown the most in. As a future nurse, I encounter many different people through clinical, school, and work. Learning new cultures has never been unusual as my mother, a Spanish teacher, instilled that value in me at a young age.

When I was younger, my mother went on many mission trips to an orphanage in Venezuela. One year she told us Vernise was coming to live with us once she got her green card for college. Vernise moved in with us when I was in fifth grade. She introduced me to Venezuelan culture quickly and it was easy to see the differences between us. After the first few days in our house, she easily learned the importance of football Sundays and the Vikings. We learned the values that her mother instilled in her before her time in the orphanage and she discussed with my mother the differences growing up there compared to the United States. I helped her learn how to dress for the winter and she even went sledding with me once even though she was terrified. She gave me her "worry dolls" to use when she moved out of our house, and it is something I still have all these years later. The worry dolls were colorful tiny dolls made of some straw like material that every night you would tell each of them a worry you have and then place them under your pillow and in the morning the worries you told them would go away. Reflecting back, I am grateful for what I learned from having Vernise live with us.

I also have found throughout college that cultures do not mean just what is outside of the United States. In fact, just moving to Minnesota from Iowa I learned that casseroles are called hot dishes here and that it is essential that I own a good pair of snow boots. I've also learned the different family structures and financial statuses of my patients at clinicals and in work at the Mercy Rehab Hospital. I've seen the difference it makes in patient's recovery journey to have a support system and the resources to succeed. I've seen how devastating it can be to lose a loved one, as well as the joy of getting to take your loved one home. I've seen how the healthcare system can fail for my patients and how it miraculously succeeds. I've seen patients that should have not made it but are still alive and those that probably could have made it a little longer. All these experiences have only further motivated me to be the advocate for those who cannot advocate for themselves and to provide my patients with the highest quality of care possible. I never realized how quickly the healthcare system makes you grow up - especially in the United States. Working with my international group, it was appalling and eye opening to compare our lives and healthcare systems. My group was shocked at how complicated our lives are in the United States and I was envious of all the resources they have to offer their patients in Austria. We have resources in the United States; however, it is very dependent on location and if the patient has the means to get to and access the resources.

Going into my future career as a nurse, I hope to continue to learn more about different cultures that I encounter in practice. I think it is an honor to be able to be with and care for people in some of their most vulnerable states. Learning more about different cultures has only helped me to connect more with my patients. I've seen the relief and comfort it gives my Spanish speaking patients when I can introduce myself in Spanish. I also have seen them laugh when after I introduce myself, I tell them I only know a little bit of Spanish. In the future, I would love to expand our resources for patients after leaving the hospital and empower them to take control of their health. In conclusion, global citizenship has been a key competency for me while I enter the healthcare system and start a career of one of the most difficult yet rewarding professions.



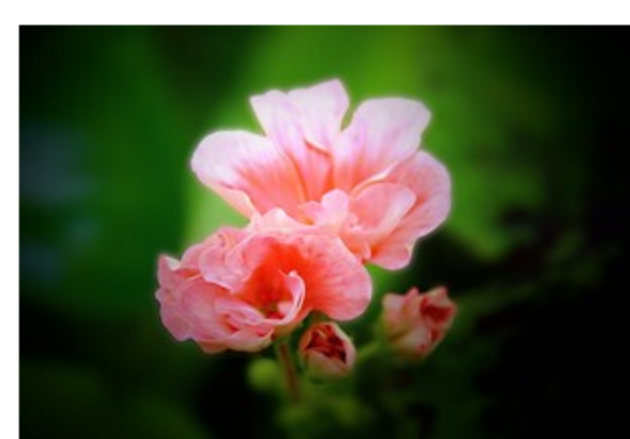
International Week Conference



Honors 401: Yoga



Mercy Rehabilitation Hospital: CNA



Spanish Language Learning



**PRECEPTORSHIP**

Emergency Room Allina Health Faribault Medical Center – Faribault, MN Beginning: March 2022

**CLINICAL EXPERIENCE**

|                              |  |
|------------------------------|--|
| Medical Surgical             | Mayo Clinic Hospital – Mankato, MN                             |
| Obstetrics                   | Fairview Ridges – Burnsville, MN                               |
| Pediatrics                   | Hennepin Healthcare – Minneapolis, MN                          |
| Community Health             | Martin County – Fairmont, MN                                   |
| Mental Health                | Abbott Northwestern Hospital – Minneapolis, MN                 |
| Oncology/Medical Surgical    | Methodist Hospital – St. Louis Park, MN                        |
| Parkinson's Specialty Center | Park Nicollet Struthers Parkinson's Center – Golden Valley, MN |
| Progressive Care Unit/MS     | Abbott Northwestern Hospital – Minneapolis, MN                 |