

KADIATU KAMARA

HOME ABOUT ME LEADERSHIP RESEARCH INTERCULTURAL ENGAGEMENT WHY HONORS CONTACT



Thank You for Visiting!

A Bit About Me

Welcome to my e-portfolio. My name is Kadiatu Kamara. I am a final-year honors student, here at Minnesota State University, Mankato. I am majoring in Nursing, and my expected graduation date is May, 2024. After graduation, I intend on gaining experience in critical/emergency care nursing for a couple years, and then furthering my education into medical school. I hope to engage in travel nursing while using my skills and knowledge to make a valuable impact in the lives of people in my community.

Mission Statement

My mission as an MNSU Honors student, is to improve on my personality by challenging myself and constantly learning to be efficient enough to use my knowledge, skills, and experiences to serve humanity by being accountable, reliable, strategic, and innovative.

WHY HONORS

The Honors Program at Minnesota State University, Mankato allows for students to develop skills and be competent in areas such as leadership, research, and intercultural engagement. I have had both classroom experiences and real-world activities that have enabled me explore all these areas. This program has definitely challenged me and given me the confidence to put myself out there. I have been able to explore life outside of my comfort zones, while acquiring the critical thinking skills needed to navigate the real world outside of college. The program is supporting and flexible along with access to resources and mentors that guide you throughout the program up until graduation.



WHY HONORS ESSAY

https://docs.google.com/document/d/1MKokGV_QNKkE4dZlyKGdeL4nkUNfUSQs1H8Qs6PSk8/edit?usp=sharing

LET'S TALK

I look forward to hearing from you!

Email: Kadiatu.kamara@mnsu.edu



* INDICATES REQUIRED FIELD

NAME *

First

Last

EMAIL *

COMMENT *

SUBMIT

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EXPLORE AND GET TO KNOW MORE ABOUT ME

WORK EXPERIENCE

Unit Technician Telemetry Mayo Clinic Health System, Mankato, MN Sept 2021–December 2022

Monitor cardiac rhythms and identify dysrhythmias/ectopy. Tracking routine heart rate, blood pressure, and pulse oximetry measurement Monitoring, interpreting, and recording data from specialized medical technologies and equipment. Maintaining and updating ward charts, patient files, and medical records

Certified Nursing Assistant Laurel's Peak Rehabilitation Center, Mankato, MN August 2020–August 2021

Provide quality direct resident care in all activities of daily living. Administered prescribed oral medications according to the written directions of a physician and home care nurse.

Interact with family, visitors, and other health care providers while implementing plan of care for residents. Arranged medical equipment and administered medical procedures while maintaining high-level patient care and service.

DIRECT SUPPORT PROFESSIONAL Tuwei Care Services, Mankato, MN May 2021–November 202

Deliver support with activities of daily living and personal hygiene to patients with disabilities. Assist Residents with maintaining dignity while achieving optimal level of functioning. Provide individualized physical, psychological, and social support to residents.

DIRECT SUPPORT PROFESSIONAL Sevita Health Mankato, MN April 2022-Present.

Assist clients with activities of daily living/administer medications. Transport clients to appointments and community events.

Certified Nursing ASSISTANT Generations Child and Memory Care (on-call), Mankato, MN April 2022–Present

Administer medications. Assist clients with activities of daily living.

Internship at Medical Research Council, London School of Hygiene and Tropical Medicine

2018-2019

After completion of high school, I was offered an internship position at The Medical Research Council, The Gambia. I worked in a Clinical Laboratory setting where I learnt about research and routine laboratory testing. I was trained in three different domains which included: Biochemistry, Hematology, and Microbiology on rotation. I also learnt about sample reception and labeling all under supervision of clinical laboratory technicians/scientists.

VOLUNTEER EXPERIENCE

West Field Clinic

2017-2018

After completion of high school, I got admission into The University of The Gambia's pre-med program. In an attempt to gain some clinical experience, I volunteered as a Nursing Assistant. I was responsible for assisting nurses with their daily routines and helping with following up on lab reports. I also worked with doctors from time to time during consults in order to have an idea of what a patient doctor interaction was like. I was rotated between in-patient and out-patient departments.

Echo Food Shelf

2019

This experience was a fulfilling one because I got to use my time to assist and serve the needy. In the end, I appreciated what I have in life because I got to see and understand that some people have it way harder in life. I was responsible for directing and helping families get grocery and supplies they need.

Connection Shelter 2022

This experience involved me volunteering at a shelter. I assisted with serving of meals, chores, and keeping the residents comfortable as much as possible. I was able to interact with a lot of people and gained a different perspective of what it means to be homeless. I gained a deeper insight of life and learned to be open-minded to different perspectives and beliefs.

BACKGROUND & HOBBIES

- I was born and raised in The Gambia. My parents are from Sierra Leone, and I came to the United States to further my education and acquire a Bachelor's degree in Nursing.
- I am a very inquisitive person, and I love the idea of learning new things. I am always willing to listen and hear the stories and ideas of other people because I believe it enables me grow as a person
- During my recreation time, I love to read novels in my quiet space. I struggle with being social however, I am fascinated with the idea of traveling and interacting with diverse cultures. I also love to cook and watch recipe videos. My favorite season of the year is Autumn.

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Leadership Synthesizing Essay

Leadership has always been a part of my life due to the responsibilities I have as the first child of my family. Growing up I had a lot of expectations from my parents, my teachers, my peers, and even my siblings. I never considered myself capable enough to be an efficient leader because of my introverted nature. I was always more focused on achieving my dreams and growing as a person rather than putting myself out there and embracing the challenges I had. I soon came to the realization that this approach was denying me the platform I need to be expressive, confident, and open-minded. I use to believe introverts like me are too reserved to be strong leaders, however, after taking the **strengths finder assessment**, I realized my perception of leadership was very narrow. Taking this test led to very positive outcomes for me, because not only did I relate to the results, but at the end of the day, I was able to use the knowledge I gained from this activity to improve on my weaknesses while working on my personality. By focusing on my strengths instead of my weaknesses, I have been able to focus and capitalize on my abilities to the very maximum by using them to my advantage in daily activities.

My transition over the past years has been challenging and fulfilling. I have been able to use my experiences to guide me through every step of the way. One thing that really resonated with me from the finders test is that I am a "Learner" and "Restorative" person. This is very true because it clearly explains my willingness to always learn, interact and meet with diverse cultures always. This understanding definitely gave me the opportunity to interact with and learn from diverse cultures. In addition, I always look for things to improve about myself, because I believe there is always something we can make better. Taking up the leadership role as the **African Student Association Secretary** made these attributes even more distinct because I could see how this was being manifested as I executed my role as a board member.

My desire to keep acquiring knowledge and experience gives me the inspiration I need to keep achieving as much as I can. After knowing about all my strengths, I learnt how to make use of them in aiding me become a better leader. I believe this a very effective strategy particularly when I decided to execute this during my role as a **peer mentor** for incoming international students in Fall 2020. I very much enjoyed this experience, because it allowed me expand on my social circle while improving on my relationship building skills. I got to come out of my comfort zone while improving on my ability to guide and assist students, in addition to be being someone they can look up to.

My experiences have shown me that being a leader is very different from being a manager. I also realize that being a leader does not necessarily mean having an assigned role that empowers you to control other people. My definition of leadership revolves around the concept of leading, supporting, and encouraging people to be the best version of myself. I aim to be a resource to other people in life. This was the kind of leadership experience I had as a nursing student during my **clinical rotations**. I was able to take initiative and be proactive for my patients. I was more confident to be a patient advocate and also be an efficient team player. My clinical experiences enhanced my confidence in being a leader. This experience showed me that being a leader does not only encompass big achievements. Even the little things can go a long way in making a positive impact in the lives of people.

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Research

Research Synthesizing Essay

Prior to my admission to Minnesota State University, Mankato I did not have any expectation of participating or conducting any research. My understanding of research very restrictive, as I use to believe that research is only meant for scientists or professionals in specific settings like a laboratory filled with chemicals. However, when I took English 101, a writing intensive class, I was exposed to the true meaning and purpose of research. The strengths finder test also indicated that another strength I possess is "Intellection" which I was able to use to my advantage when writing my **final research paper** on stress relief methods international students use to deal with the challenges of having to study abroad. Initially, I asked a lot questions and kept on following with my professor because I was not sure of what I was doing. However, I realized the process was easier than I expected because reading and researching is something I naturally like to do.

After my first experience with writing a research paper alongside activities like conducting a survey, gathering, and analyzing data, I realized it was a fun experience I learnt a lot from. This encouraged me to do more of research and writing which expanded on my experience with the general idea of performing a research. After joining the honors program, I decided to be more involved so I can get the full experience of the honors program. One other research experience that enabled me understand that research goes beyond the walls of a laboratory involved me writing two articles for the **Honors Beacon paper**. The process of interviewing and collecting data made me understand that research involves seeking answers/solutions to questions/problems we may have.

Moving further into my journey in the research field, the most interesting and engaging research activity I was involved is the **Undergraduate Research Apprenticeship project**. In this program, I was an apprentice to a faculty member Hsinhuei Sheen Chiou working on language and cognitive impairment, specifically working on creating innovative and meaningful aphasia and dementia-friendly programs. This research project titled exploring COVID-19 impact on Social Inclusion in a Dementia friendly chorus gave me a deeper understanding and experience with research. Working with Dr.Sheen was eye opening and I enjoyed all the readings and data collection process. I learnt a lot more about research, the various types, techniques involved and even on how to present. After the completion of the poster for the research, myself and some other students presented the final poster at the Undergraduate Research Symposium. It was great having judges and other students listen to our presentation with positive feedback. I equally enjoyed listening to the various other research that were conducted by other faculties.

In addition to all the research experiences I had, taking a nursing based research class also expanded my knowledge of research. This class helped me understand the various components that go into the process of research. Although I was able to gain basic knowledge and experience with research when I worked as a RAP student. The class **critical inquiry in nursing (N363)**, gave me a vast knowledge on how to apply myself in nursing research. I gained knowledge on nursing theories, evidence-based practice, including basic and applied research. I was able to gain more understanding and see how research can be applied to healthcare in the hospitals. I was also exposed to the history and ethical components of research including the regulations that that provide guidance

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Intercultural Engagement Synthesizing Essay.

Global citizenship has been a part of my life for as long as I can remember, however coming to Minnesota State University, Mankato, enabled me gain more exposure and experience. Alongside meeting and learning about new cultures, I also learnt to appreciate the concept of being culturally diverse. Growing up with parents who migrated to another country, I was exposed to different cultures and tradition. I had to learn to create a balance between integrating my parents culture into life in addition to the culture I was surrounded by outside my home. I never really acknowledged how much exposure to diversity I had experienced until I came to Minnesota State University, Mankato. Coming to MNSU opened my eyes to more diversity and cultures, and I was very much excited to learn about all of them. I am still learning, as I continue to gain experience with each passing day. Initially, it was a challenge because there are some concepts about other peoples culture that I found confusing or surprising, but as I progressed I became more open minded. Taking the class Introduction to Honors, 201, gave me more opportunities to not only learn but be fully exposed to cultural diversity. In this class, I was pushed to deeply reflect and understand other perspectives through the various discussions, readings, and videos we watched. In the end, the reflection on **Intercultural engagement reflection** allowed me express myself and also reflect on how far I have come with respect to interacting as a Global citizen. .

There is no doubt that each day in MNSU is an opportunity to learn and grow. However, being involved in **African Student Association** and later serving as an executive member on the board was a great way to improve and use my skills. Prior to being elected as the secretary of the association, I was a member and quite involved in most of the activities. Attending the weekly meetings, and participating in some of the activities was fun and educating. This is made me aware of the fact that I belong to a world bigger than me and my beliefs, a world in which I have responsibilities as a global citizen. This gave me the platform to share common beliefs and perspectives with people with similar cultures to mine. I also learnt a lot from other people and was also able to speak the languages I spoke back home, because I met people from my home country too. This was indeed an amazing experience as I came out of it more informed and I look forward to learning more each day about the cultures of other people.

My experience as a **Red Cross Volunteer**, also exposed me to various cultures/intercultural engagement. This experience allowed me learn from different people and while experiencing different perspectives. I also practiced a lot of compassion and empathy during this experience. This exposed me to being able to serve the people in my community despite their ethnic background, race, religion, or cultural beliefs. I learned to be supportive and accommodating of a lot of differences. This experience, overall was good for me as a nursing student because I was able to practice putting my personal biases aside while focusing on the people I was assigned to assist.

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HONORS PROGRAM

The Honors Program here at Minnesota State University, initially was just another activity that would look good on my resume. However, after experiencing it and engaging in numerous activities I have learned to appreciate it more. This program has not only given me a deeper insight into life and college, but also provided me with more ways to learn and grow. Through this program, I have met and interacted with different minded people. I have come to appreciate the art of reflection because this allows me identify my weaknesses and strengths, including how I can apply the skills I have in different areas of my life. A great college experience for me goes beyond the classroom and perfect grades, it is an opportunity to explore, learn, and grow which is what the program has shown me.

[Synthesis Essay Final Draft](#)

<https://docs.google.com/document/d/1IMDUF5xKbigDTPNkgUcnomAZr8mJegcN/edit?usp=sharing&ouid=114549824375672748045&rtfpof=true&sd=true>

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