Transition to Graduate Study

Name

Institution

**The mission and vision of Walden University and School of Nursing**

Needles to say, academic institutions are the primitive grounds where personality development of the individual takes place. I used the most general term; *the personality development* because we erroneously attribute academic institutions as the vital sources of academic goal setting, accomplishment and career development only, neglecting their incorporation in the psychological, social, emotional and behavioral development. The institution where I spent the most valuable time of my life; the Walden University is contributing excellently to the career development of enrolled graduates with the valued and dignified mission of providing the individual with the diverse professional career oriented community pool that enables him to refine himself into a brilliant scholar practitioner that is aimed at orchestrating the most effective and meaningful social change (The Walden University, n.d.). Moreover, its vision having a profound applicability with reference to the current societal challenges and galvanizes its students to gain sufficient problem-oriented knowledge and cause a global good. Furthermore, School of Nursing (S0N) shares identical visions and missions regarding the goals of holistic wellbeing encapsulating both physical and psychological goodness. School of Nursing aims at embracing its students with the advanced evidence-based practice grounds to carry nursing practices, research and training so that they could better encounter clinical challenges open heartedly and with comparatively less error ratio (SON, n.d).

As a nursing graduate, I understand that wellbeing is the crux of nursing profession. My affection and emotional proximity for this sacred profession seems to be innately predisposed but there is always some social factor that attempts to deflect or modify our perceptions, thinking patterns, attitudes and orientations. My focus was centralized on the pain management and physical illnesses because they disrupt the normal functioning of patients to a greater extent. However, my childhood friend—who stood by me in the ebb and flows and never let my worries go unnoticed, who acted as a mentor to suggest me best possible solution of the problem, who helped me in getting good grades through sharing my burdens—was no more. She was not actually dead, but she was dead. What does this mean? She was alive but her emotions, aspirations, motivation and feelings were dead. She was diagnosed with Depression that led her to develop the most grotesquely accommodated version of herself; she did not talk to me; ignored my worries; remained indifferent to my happiness and sadness and hold herself aloof; the best possible depiction of depression (Costello et. al., 2006). I was all alone despite her physical presence. At that moment, I realized that *emotional and mental wellbeing is equally important as physical one.* We pay most of our attention to physical pains and suffering because they are observable but hidden wounds and emotional issues are ignored substantially. This was the turning point of my professional life and I decided to carry Psychiatric Specialization in further.

Based on my profound attraction towards mental health issues, the vision and mission of the Walden University School of Nursing best harmonize with my professional inclination. As mentioned earlier, this institution aims at developing up-to-date professional competence in individuals based on the current actual and potential challenges and research based knowledge. I, too, want to pursue Psychiatry as a post graduate program based on the prevalence of psychological and mental illnesses in the society and I want to apply evidence based interventions to get the problems out of the hook. For that matter, I would include two members in my team. The first one would be a student with psychometric aptitude; who is good or wants to be good at administering psychological testing. Whereas the other one would assist me in the research purpose and would keep me updated about the recent happenings in the psychological world. On the other hand, I would learn and apply evidence based knowledge regarding counseling and psychotherapy for treating the problems diagnosed after psychometric testing. In this way, I would get my goals of holistic wellbeing done effectively.

References

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