

# Bachelor of Science in Nursing (BSN) Program Reflection Meeting Worksheet



School of Nursing  
UNIVERSITY OF WISCONSIN-MADISON

## How do I arrange a meeting with an advisor?

Advisors will begin meeting with students who were not offered admission to the University of Wisconsin—Madison School of Nursing BSN program as availability allows. If you are planning on re-applying, we highly encourage having a meeting prior to the fall semester. Meetings will be held over the phone. To schedule an appointment:

- **Current UW-Madison applicants** can make an appointment with their Pre-Nursing Advisor via [Starfish](#):
  - Molly Censky (last names A-L)
  - Kate Knudson (last names M-Z)
- **Off-campus applicants** can make an appointment with a member of the Admissions & Recruitment team, by (1) emailing [admissions@nursing.wisc.edu](mailto:admissions@nursing.wisc.edu) or (2) calling 608-263-5180 Monday-Friday 8:00am-4:30pm.

Meeting Date & Time: \_\_\_\_\_

## How should I prepare for the meeting?

**This worksheet must be completed in preparation for meeting with a School of Nursing advisor.** Bring a copy of this reflection and be prepared to discuss it with your advisor during the meeting. The advisors will provide you with additional information about your application at the meeting, which may help further your reflection and goal setting.

**Directions: Reflect on the questions below and either write out or type your answers. Feel free to utilize additional space as needed.**

1. **STRENGTHS:** The primary areas of admission consideration by the nursing faculty admissions committee are listed below. How did you positively highlight these within your application (work experience and involvement table, and/or essays)? What are your strengths in each area?

<b>STRENGTHS OF MY APPLICATION</b>	
<b>Academic Preparation and Performance</b>	(Items to consider: cumulative and prerequisite GPA)
<b>Leadership</b>	(Items to consider: impact and contribution, commitment, accomplishments, knowledge of leadership related to nursing profession)
<b>Extracurricular Activities and Service</b>	(Items to consider: sustained/quality involvement, unique experiences, work experience, family commitments)

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<b>Health Care Experience and Professional Goals</b>	(Items to consider: unique nursing-related experiences, exposure to nursing and/or healthcare, clear interest and knowledge of nursing)
<b>Diversity in Experience and Background</b>	(Items to consider: unique experiences, background and/or identity, demonstrated understanding of or commitment to diversity, inclusion, and cultural competency)
<b>Quality of Application Statements/Essays</b>	(Items to consider: relation of experiences to nursing profession/goals, reflection on personal growth and/or challenges, clear writing that answers prompts, grammatical correctness and self-editing)

2. **AREAS OF GROWTH:** For the same primary areas of admission consideration, where are opportunities for growth and improvement within your application (work experience and involvement table and/or essays)? Where do you believe there were weaknesses in your application?

<b>AREAS OF GROWTH</b>	
<b>Academic Preparation and Performance</b>	(Items to consider: cumulative and prerequisite GPA)
<b>Leadership</b>	(Items to consider: impact and contribution, commitment, accomplishments, knowledge of leadership related to nursing profession)
<b>Extracurricular Activities and Service</b>	(Items to consider: sustained/quality involvement, unique experiences, work experience, family commitments)
<b>Health Care Experience and Professional Goals</b>	(Items to consider: unique nursing-related experiences, exposure to nursing and/or healthcare, clear interest and knowledge of nursing)
<b>Diversity in Experience and Background</b>	(Items to consider: unique experiences, background and/or identity, demonstrated understanding of or commitment to diversity, inclusion, and cultural competency)
<b>Quality of Application Statements/Essays</b>	(Items to consider: relation of experiences to nursing profession/goals, reflection on personal growth and/or challenges, clear writing that answers related prompt, grammatical correctness and self-editing)

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3. **GOALSETTING:** Based on your above reflections, let's set some SMART goals to help you achieve your academic and professional goals. Before starting, take a few minutes to learn about SMART goals.

**SMART GOALS**

**Specific – Measurable – Attainable – Relevant – Timely**

More information about SMART goals can be found at:

<https://hr.wisc.edu/professional-development/develop-your-career/employee-development/career-goals/>

<b>SMART Goal #1</b>	
<b>SMART Goal #2</b>	
<b>SMART Goal #3</b>	

4. **QUESTIONS:** What are three questions you have for your reflection meeting?

**QUESTIONS**

<b>Question #1</b>	
<b>Question #2</b>	
<b>Question #3</b>	

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