

# KARA L. NURSE

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## EDUCATION

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**Bachelor of Science in Nursing**, *Brigham Young University* Apr. 2014

- Received Half-Tuition Academic Scholarship
- 3.8 GPA

## CLINICAL EXPERIENCE

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**Student Nurse**, *Primary Children's Medical Center: Labor and Delivery* Jan. 2014 – Apr. 2014

- Educated 5 mothers per week on the stages of giving birth and how to care for their baby
- Provided additional care for women who had birthing complications ensuring that they and their child received individualized and necessary medical support
- Cared for three women with post-partum depression by giving additional encouragement and support

**Clinical Rotations**, *Timpanogos Regional Hospital: Labor and Delivery* Aug. 2013 – Dec. 2013

- Assisted nurses by performing routine pre-birthing tasks calmly in high pressure and stressful environment

**CNA**, *Ridgeview Gardens of Saint George* Apr. – Aug. 2012, 2013

- Provided friendly and quality care when transporting, feeding and dressing patients
- Developed good written communications skills by documenting all services provided to patients
- Enhanced leadership skills by conducting weekly skills improvement meetings for 14 employees

## ADDITIONAL EXPERIENCE

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**Teacher's Assistant**, *Preview of Nursing Class* Aug. 2011 – Apr. 2013

- Fortified student knowledge of the course material by teaching test review sessions
- Demonstrated high ethical practices when grading course tests and papers

**BYU/SA Volunteer**, *BYU Events Department* Aug. 2010 – Apr. 2011

- Led a team of 9 volunteers to plan two campus-wide dances
- Organized meetings and delegated responsibilities to stimulate quicker results and meet deadlines

## SKILLS AND ACCOMPLISHMENTS

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- CNA
- Proficient skill in Phlebotomy
- Won two 5K competitions in my division