



starting

letter to my newly qualified self

Onahi Idikwu shares all she's learned as a nurse with her younger self

And breathe...You let out a breath you didn't realise you were holding and fall backwards onto your bed,

You can't help smiling as you look up at the ceiling of your new dorm room, The place you will spend at least the next eight months. Your parents have just left, and you miss them already, But you are also very excited to try your hand at this university thing. This looking after yourself thing. This doing your own shopping and own washing thing. This going to lectures and study sessions at the library thing. This finding a new local church thing. You can't wait, it's all so new.

You hear chit chatter by your door and figure you should probably go out and say 'hi' to your new dorm mates. You wonder if you will merely co-exist with these people or if you will find a friend in this mix of characters. You look towards your door and see a nursing book sticking out of one of your boxes leaning against the wall and your breath quickens a bit. As much as you can't wait to embark on this journey, you wonder if you have what it takes. What if it is too hard? What if you have difficult placements or have challenging mentors? What if the nurses expect you to know more than you do?

Can I let you into a secret? This is what I would tell my younger self, having now finished uni. I would say, '*Child of the Most High, you will be fine*'. You are the prized possession of the King of the universe, and he loves you so much. He is holding you and he will help you with the smallest things to the biggest things. Also, you are at uni to learn, so it is okay not to know it all. Ask loads of questions and listen well. Even if you are allocated a placement you don't particularly enjoy, There is still something you can learn from that time. Go in with your eyes wide open and an eagerness that lets no experiences go to waste.

And when you have an incredible placement or care for a patient that moves your heart, Pay attention to that feeling, as that may lead you to the area you work in once you finish. Remember that God goes before you and with you. Involve him in your everyday activities and watch how he will shine through you. You will do great my love; I am rooting for you.

Lots of love, your older self. 🌟

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