

First Assignments can be nerve racking

I am starting my first travel assignment in two days and I am very nervous. I chose a location only an hour from my home for the first assignment to get my feet wet. I'm a LPN and will be working with RN's only on the unit I am working on. I am a little nervous. I've been a nurse for 11 years but I feel like the first day of my first job - any advice?

Response:

What I have discovered after talking with many travelers is that it's a normal feeling to feel like it's your first day of work in the profession all over again when you first go to an assignment.

At first it can be a little overwhelming because you don't know what to expect and everything around you is so new. However, this feeling wears off very quickly and if you can learn to harness the excitement of something new, you may find that in some kind of way, you may begin to look forward to this feeling.

How often do we get to feel excited over new things in our routine lives? Once you have done it a few times and you know that you will live through it. It can become kind of a fun challenge. The adrenaline of the situation can be almost addictive after awhile for some.

The fact that you are an LPN may be an additional stressor for you in the beginning, not knowing how you will be responded to and be allowed to do etc. Many people travel and take classes online while they are traveling. Don't let this stressor limit you. It is just one of the many variables of going to a new place.

My advice to anyone going to a new place is to go with the flow until people get to know you better. You will meet less resistance if you observe the norms of the facility and go along with them instead of trying to change them until. This helps people to feel more comfortable with you. Then after the comfort level is there, you can start showing them other way that you have seen that may work better.