

Lesson Plan: Exploring the Nursing Profession – Future RN Presentation for High School Students

Grade Level: 9th–12th Grade

Duration: ~60 minutes

Subject: Career Exploration / Health Science

Learning Objectives:

- Understand the role, impact, and importance of nurses in the healthcare system.
- Describe various nursing specialties and the daily responsibilities of a nurse.
- Identify educational pathways to becoming a nurse, including degrees and licensing.
- Recognize the key skills and personal qualities needed for a nursing career.
- Participate in a hands-on demonstration of basic nursing skills.

Materials Needed:

- Whiteboard & markers
- Projector or slides for presentation
- Handouts (optional): nursing pathways, job roles, glossary of nursing terms
- Post-it notes or index cards
- BLS mannequin (if available)
- Stethoscope, BP cuff, pulse oximeter, penlight, AED trainer, nasal cannula

Lesson Outline:

1. Introduction (10 minutes)

- Self-Introduction: Presenter shares name, role, experience, and motivation for entering nursing.
- Icebreaker Question: “What is a nurse?” Students share ideas; the presenter writes responses on the board.
- Objective Overview: Introduce what students will learn: nursing roles, specialties, education, and skills.

2. What Is a Nurse? (5 minutes)

- Definition: Formally educated and trained to care for the sick.
- Personal insight: Nurses are the bridge between people and medicine.

- Core responsibilities: Monitoring health, administering medications, educating patients, and collaborating with healthcare teams.
- Emphasize compassion, science, and critical thinking.

3. Education and Pathways (10 minutes)

- High School Prep: Take science and math courses; consider volunteering or shadowing.
- Nursing Degrees:
 - - ADN (Associate Degree in Nursing) – ~2 years
 - - BSN (Bachelor of Science in Nursing) – ~4 years
 - - Advanced degrees (MSN, DNP) for leadership and specialized roles
- Licensing: NCLEX-RN exam

4. Types of Nurses & Specialties (10 minutes)

- Levels of Nursing:
 - - Licensed Practical Nurse (LPN)
 - - Registered Nurse (RN)
 - - Advanced Practice Nurses: NP, CRNA, Nurse Midwife
- Specialties & Settings: Pediatric, ER, ICU, Labor & Delivery, Legal Nurse Consultant, School Nurse, etc.
- Work settings: hospitals, clinics, schools, nursing homes, private homes.

5. A Day in the Life (5 minutes)

- Walk through a typical nursing shift in a hospital or other setting.
- Share real-life age-appropriate stories.
- Highlight essential soft skills: time management, communication, and teamwork.

6. Interactive Activity: Qualities of a Nurse (10 minutes)

- In groups, students discuss what makes a good nurse (e.g., empathy, problem-solving).
- Write traits on post-it notes or index cards and share with the class.
- Compile the list on board for group reflection.

7. Skills Demonstration (10–15 minutes)

- Scenarios and Practice:
 - - CPR/AED demo (Heimlich, chest compressions)
 - - Vital sign checks: manual BP, pulse, lung/heart sounds
 - - Use of basic tools (stethoscope, penlight, pulse oximeter)
- Students rotate through stations or observe a live demo.

8. Career Outlook (2–3 minutes)

- High job demand, salary potential, and career stability.
- Many growth opportunities and flexibility (travel nursing, shifts, etc.)
- Nurses make a meaningful difference daily.

9. Reflection and Wrap-Up (5 minutes)

- Ask students: “Can you see yourself becoming a nurse? Why or why not?”
- Discuss: What would healthcare be like without nurses?

- Homework Assignment: Choose one nursing specialty and prepare a 1–2 minute presentation covering:
- - Description of the specialty
- - Required education/training
- - Work environment
- - Responsibilities & skills

Assessment:

- Active participation in discussions and activities
- Thoughtful responses in group and individual reflection
- Completion of the homework mini-presentation