

To Prepare:

- Reflect on strategies that you can pursue in developing portfolios or portfolio elements that focus on academic achievements.
- Review one or more samples from your own research of resources focused on portfolio development.

Post an explanation of at least two strategies for including academic activities and accomplishments into your professional development goals. Then, explain how those goals may align with the University's emphasis on social change. Be specific and provide examples.

An academic portfolio can be fundamental in developing and achieving professional goals (Cope & Murray, 2018). A way to incorporate academic activities and successes into professional development goals is to find specific areas of interest or competence that might improve professional abilities. Maintaining competence is a professional responsibility for nurses. Nurses across clinical settings face the sometimes daunting challenge of staying abreast of regulatory mandates, practice changes, equipment updates, and other workplace expectations (Bindon, 2017). For example, as a Psychiatric-Mental Health Nurse Practitioner (PMHNP), incorporating professional development goals into my career plan is crucial for maintaining competency, expanding the scope of practice, and staying abreast of advances in the field.

Pursuing research opportunities to expand the knowledge base is another strategy I will use. The pandemic lockdown caused a lot of mental health issues. Engaging in scholarly research activities focused on understanding the etiology, assessment, and treatment of mental disorders, focusing on underserved populations is a passion of mine. For instance, a nurse who publishes a research paper on a new treatment protocol for a particular disease can help improve patient outcomes and contribute to the larger body of knowledge in nursing.

Walden University strongly emphasizes social change and encourages students to develop valuable skills and knowledge that positively impact their communities. The goals of incorporating academic activities and accomplishments into professional development align with Walden's emphasis on social change in several ways.

To advance my career and contribute meaningfully by bringing positive social change within healthcare by incorporating professional competence and pursuing research, education, and professional development endeavors into my academic portfolio.