



## \*A Day in the Life of a Nursing Student\*

At the Catholic University of Pusan's Department of Nursing, students possess dedication, passion, and a strong will to care for others as they journey toward becoming nurses. Here is a glimpse into the rewarding daily life of a nursing student.



### ① Morning Routine: Starting the Day

A nursing student's day usually begins with the first class, starting around 9 a.m. Upon arriving at school, they often review the professor's lecture notes and prepare for the day's lessons in advance.

### ② Classes and Clinical Practice: The Harmony of Theory and Practice

Nursing students are divided into Class 111 and Class 112. First-year students cover a variety of subjects such as anatomy, pharmacology, and medical ethics, focusing on building a solid knowledge base to provide high-quality patient care.

Starting in the second year, students engage not only in classroom learning and clinical practice but also in on-campus practical training as part of their nursing education. Under the guidance of professors, students work in groups and interact with mannequins, which represent patients, to develop clinical skills. These practical experiences help students build knowledge and confidence in their ability to care for patients.

### ③ Afternoon Learning and Group Work: Cooperation and Learning

Afternoon hours are mainly spent on group study. Nursing students spend a lot of time reviewing their professor's notes on their iPads and

completing assigned tasks to understand key concepts and prepare for practical application. Group study helps students grasp complex concepts through collaboration and fosters an environment of camaraderie and mutual support. Fourth-year nursing students participate in simulation exercises where they create and perform scenarios using mannequins to mimic real-life situations. These simulations allow students to practice decision-making skills and prepare them to respond effectively under pressure in real clinical settings.

### ④ Evening: Balancing Life and Learning

As the day comes to an end, nursing students often reflect on their experiences and prepare for the following day. This might include reviewing case studies, completing assignments, or winding down after a long day. Maintaining a balance between academics and personal life is crucial, so students focus on managing stress, staying motivated, and maintaining concentration. Some students also participate in extracurricular activities, such as joining nursing-related associations, attending workshops, or engaging in community service. These activities enrich their learning experience and offer additional opportunities for professional development.

### ⑤ Inspiration and Commitment: The Core of Nursing

The daily life of a nursing student is challenging but deeply fulfilling. Every day presents an opportunity to learn, grow, and contribute to the well-being of others. We are driven by determination and passion as we face challenges, and all our efforts ultimately contribute to a future where we change lives.

Though the journey may seem difficult, it is filled with moments where we help transform the lives of patients. Nursing students embody the resilience, empathy, and dedication to excellence that are essential in this field.

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