

Francesca V. Paragas

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February 12, 2016

Dear Sir or Madam,

It is with great pleasure that I submit my application for a position in the Sentara Nurse Residency Program. I have interest working as a Registered Nurse in either the Emergency Department or Intensive Care Unit. As a highly motivated and diligent ODU Nursing graduate (expected date May 2016), I know my diverse skills and qualifications are a great asset to the Sentara Healthcare System.

In 2009-2012, I attended the Bayside High School Health & Sciences Academy to get a jumpstart with my nursing education. The Academy allowed me to be exposed to various health careers and led me to find my passion in nursing.

In 2010, I began working as a customer service assistant and secretary at Primary Care Physicians of Hampton Roads. During my four years of working there, I developed communication and nursing skills. Aside from secretary duties, I assessed patient's vital signs, blood glucose, performed EKGs, administered medications, and also assisted with physical assessments. I have technical experience in various multimedia works that are attached in my resume.

In 2013, I was accepted into Old Dominion's Bachelor of Science in Nursing Program. Through many clinical experiences, I found that the Emergency Department and Intensive Care Unit require the critical thinking, diligent skill work, challenge, and pressure in patient-care that I thrive for. I believe that I obtain the knowledge, skills, and compassion that these departments require.

In closing, I am excited for the possibility of being a part of a high quality health care system and supporting Sentara's mission to improve health every day. Thank you for giving me the opportunity to meet and discuss the value that I can bring to Sentara. I appreciate your consideration and look forward to hearing from you.

Sincerely,

Francesca Paragas