

## A LITTLE MORE EMPATHY

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**N**urses eating their young are a phenomenon that has been talked about and witnessed by many in all areas of the world. Yet many have failed to understand that this concept starts to mature well before these nurses enter the workforce. It starts with their naïve attempts to perform clinical skills and the harsh reality and impatience that they encounter while doing so. Within their schooling, these individuals are being held to standards that are sometimes beyond their capacity and met with harsh criticism when not meeting set goals. They are often made to feel inadequate as professionals. Instead of nurturing their curiosity and fostering a class that is open to asking questions we are often guilty repeating the phrase, "go look it up in the book..." Our students are being brought up in an environment that forces them to harbor some of the most basic skills as asking a question. Many lack the confidence that their questions will be answered in genuine sincerity. Combining this occurrence with the backlash of experienced nurses bullying them and making them feel insecure in the workplace is a daunting task for many new graduates and a description that is not once mentioned in job description. The cycle needs to change starting with one instructor, one mentor, and one nurse at a time.

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