

CRNA MENTORSHIP

FROM ICU NURSE TO COMPETITIVE CRNA APPLICANT – WITH A CLEAR PLAN

WORKBOOK

MENTEE NAME:

MENTORSHIP START DATE:

MENTORSHIP END DATE:

LIVEWORKSHEETS



COURSE MODULES

01

BUILDING YOUR CRNA ROADMAP

— Orientation

— CRNA Pathway Clarity

02

BUILDING CLINICAL STRENGTH & INTERVIEW READINESS

— ICU Strategy and Clinical Excellence

— Shadowing & Networking

— Live Q&A with John Bing

— Mock Interview Preparation

03

MASTERING THE CRNA MOCK INTERVIEW

— Mental Health of Anesthesia Providers

— Mock Interviews

04

IMPLEMENTING LEAD GENERATION TACTICS

— Mock Interviews

— Live Q&A with Niqua Boyd

— Live Q&A with Nicolette

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05

PERSONALIZED GUIDANCE & APPLICATION STRATEGY

— CRNA CV Mastery

— Academics

— CCRN & Testing Strategy

— Personal Statement

— Letters of Recommendation

— Application Strategy

BEFORE THE SESSION

- [ ] Review the mentorship expectations
- [ ] Write down your goals
- [ ] Complete your CRNA self-assessment
- [ ] Identify your biggest questions about the CRNA pathway
- [ ] Identify the part of your journey that feels unclear

LIVEWORKSHEETS



WELCOME TO THE COURSE

Welcome to Your Mentorship!

This workbook is designed to guide you through our mentorship by helping you organize your goals, prepare for each group session and 1:1 coaching session, reflect on the feedback you receive, and turn my guidance into meaningful action.

Throughout our four group-session days, we'll focus on building clarity around your CRNA journey, strengthening your clinical and professional preparation, developing your interview skills, and learning from experienced anesthesia providers. You'll also have three individual 1:1 sessions with me, where we'll focus on your CV, academics and testing, personal statement, letters of recommendation, and overall application strategy.

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YOUR ROADMAP

MODULE 1: BUILDING YOUR CRNA ROADMAP

MODULE 2: BUILDING CLINICAL STRENGTH & INTERVIEW READINESS

MODULE 3: MASTERING THE CRNA MOCK INTERVIEW

MODULE 4: PUTTING IT ALL TOGETHER

MODULE 5: PERSONALIZED GUIDANCE & APPLICATION STRATEGY

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MODULE 1

BUILDING YOUR CRNA ROADMAP

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01

ORIENTATION & CRNA PATHWAY CLARITY

Focus: *orientation, mentorship expectations, understanding your current position, identifying strengths and gaps, and creating a personal strategy.*

Welcome to the CRNA Mentorship Cohort. This program is designed to provide a strategy-based approach to becoming a competitive CRNA applicant. The focus is on progress, intentional preparation, and creating a clear plan rather than striving for perfection.

A competitive CRNA applicant is not expected to have a perfect profile. What matters is understanding your current strengths, identifying areas for growth, and developing a clear strategy to strengthen your overall application.



KEY POINTS

1. UNDERSTAND WHAT CRNA PROGRAMS EVALUATE

- Academic readiness
- ICU depth and complexity
- Professional maturity
- Clear motivation for pursuing anesthesia

2. THERE IS NO PERFECT APPLICANT

- No applicant has a perfect profile.
- Strengths and growth both matter.
- Overall trends can be more meaningful than isolated weaknesses.

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3. DON'T LET COMMON MYTHS DISCOURAGE YOU

Some common beliefs can unnecessarily discourage applicants:

- Only CVICU nurses get accepted.
- One bad grade ruins an application.
- You need to already know anesthesia before applying.

5. FOCUS ON YOUR OVERALL APPLICANT STORY

A strong applicant demonstrates more than individual accomplishments. Consider how your:

- ICU experience
- Academic background
- Leadership
- Motivation for anesthesia

come together to create a clear and compelling applicant story.

4. KNOW YOUR STARTING POINT

Your current experience and qualifications are data, not a judgment. Understanding where you are now allows you to determine what needs to happen next. Your starting point becomes the foundation for your individual strategy and roadmap.

6. PROGRESS OVER PERFECTION

The goal of this mentorship is to help you make consistent progress. Use the program's structure, assignments, community support, and personalized sessions to identify areas for improvement and take action.

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ACTION STEPS

- Complete your CRNA Readiness Assessment.
- Build your personal CRNA timeline.
- Post your CRNA goal in the mentorship community.
- Prepare a brief presentation about a recent patient you cared for.

REMEMBER

You do not need a perfect profile. You need a clear understanding of where you are, where you want to go, and what you need to do next. Your starting point is simply information. **Your strategy starts from there.**

MY CURRENT STARTING POINT

- **My biggest strength:**
- **My biggest area for growth:**
- **My biggest concern:**
- **My immediate priority:**

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MY PERSONAL CRNA STRATEGY

1. What is the first area of your CRNA preparation that you need to focus on?

2. Which parts of your CRNA preparation can wait until later, and why?

3. What is one specific action you will take this week to move closer to becoming a CRNA?

4. What is one important step in your CRNA journey that you have been procrastinating on and need to start addressing?

5. What is the most important realization you have about pursuing a career as a CRNA?

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SESSION REFLECTION & ACCOUNTABILITY

1. What are the three most important things you learned about the CRNA role, responsibilities, and career path?

2. What feedback did you receive about your current readiness, strengths, or areas for improvement as a future CRNA?

3. What changes will you make to your current preparation to become a stronger CRNA applicant?

4. What are your top three action items for moving forward with your CRNA journey?

5. When will you complete these action items or follow up on your progress?

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