



RACHEL

On Career and Work

CPS¹ – acronym – Child Protective Services – Government agency in the US responsible for the protection of children

Emma (00:00):

What is your job?

Rachel (00:02):

So right now I'm working as a [redacted] [redacted] [redacted]. So I treat children and adolescents five to 17 with [redacted] [redacted].

Emma (00:15):

Oh, wow. And what made you get into that?

Rachel (00:18):

It's always been something I've been interested in. Before I worked in pediatric cardiology and I really liked it, but I realized when I was working in the hospital that so many kids have issues with [redacted] [redacted] and a lot of them do-- there's a lack of like care, like mental health providers and nurses. So it was something I was passionate about. So then I switched careers and started doing psych nursing.

Emma (00:41):

What do you think is the hardest thing about being a psych nurse?

Rachel (00:46):

I think the hardest thing is we deal with a lot of kids in [redacted] [redacted] or with open CPS¹ cases and just hearing these kids' stories and like their background and history and the trauma they've been through is really hard. And then, you know, a lot of them have trouble once they're in foster care, finding new [redacted] and everything. So like seeing the kids face, like when they're [redacted] [redacted] when they can't find them a placement or their placement [redacted] [redacted] and then they don't really have a home or, you know, anywhere to go. So that's really sad.

Emma (01:16):

Yeah. So then that's the worst part. What's the best part?

Rachel (01:20):



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The best part is whenever we get to like, make a difference in someone's life or somebody comes in and they're really [redacted] and super depressed or maybe have an [redacted]. And then whenever they walk out, they, you know, their mental illness has improved a lot. They have things to look forward to, things to live for. So it's just really cool to see the differences and like how they change from when they come in, to when they come out.

Emma (01:46):

So like making a positive change in all their lives. And is this something you want to do for the rest of your life? Are you like really, really passionate about it or?

Rachel (01:55):

Yeah, I'm really passionate about it. I actually want to go back to school. I want to go back to school to do psych mental health [redacted]. So I'd be like a [redacted] - [redacted], so I'd be able to diagnose and prescribe medications for my patients, but I do want to [redacted] like the child and adolescent population.

Emma (02:14):

Okay. So the kids [redacted]

Rachel (02:18):

Kids is where my heart's at!

Emma (02:18):

Aw! Before you decided to be a nurse, were you considering any other careers?

Rachel (02:25):

Yes. I went through like a hundred career options. Originally I was super into studying abroad and learning about other cultures. And so initially my major was international relations and Spanish. So I wanted to-- I didn't really have an idea of what I wanted to do, but I just wanted to like live in another country and like help international students. But then I still do love that, but I also like have-- I really love to help other



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every other weekend² – In English, we use the expression “every other” to mean *alternating*. Rachel works every other weekend, which means she works alternating weekends.

6:30ish³ – informal / casual – We use the suffix *-ish* to mean *around or about*. By 6:30ish, Rachel means **around 6:30**.

the other three days off⁴ – to get/have time **off** means to not go to work. Example: I have Wednesdays off. (I don't go to work on Wednesdays.)

people as well. Like I love the medical [redacted] and healthcare and everything like that.

Emma (03:00):

Oh, what is your work schedule like as a nurse?

Rachel (03:01):

So as a nurse, we work three days a week, usually. So three 12 hour shifts a week. They usually ended up being longer than 12 hours. But so right now I have a set schedule, so I work [redacted] Tuesday, Wednesdays and Wednesday, Thursdays, and every other weekend². But yeah, just three days a week right now. So I usually get in about 6:30ish³ and then I leave around 7:30. So almost 13 hours by the time I [redacted] and [redacted].

Emma (03:29):

Huh. But to you, it's worth it. Cause you get the other three days off⁴.

Rachel (03:32):

Yeah, it's really nice because I get four days off a week and every other weekend have a four-day weekend. So it works out well for me.