

Statement of Purpose

“A life not lived for others, is not a life.” An inspiring quote by honored Mother Teresa is what I have embraced as one of the most important principle of my life. As a child, I enjoyed taking care of my family members whenever they got sick and that was the very moment I realized I should do something where I could serve others. While growing up, I have not found any other profession as revered as a **NURSE**, and to pursue a career in the sublime path has become the ultimate ambition of my life. Thus set to dedicate my life to human well-being, I look forward to getting enrolled for TPP(Tertiary Preparation Program) which leads to the nursing course at esteem Australian Catholic University, Sydney, Australia.

Introduction

With heartfelt gratitude and sheer delight I would like to pen down my statement of purpose (SOP). I want to introduce myself as Pratika Shrestha, a permanent resident of Barahakshetra (Municipality), ward no-8, Sunsari, Nepal (currently residing on Lubhu (Municipality) ward no-11, Kathmandu, Nepal) with Passport No 11543832. I was born on 11th Nov 2001 in Sharnamati (VDC), ward no-5, Jhapa, Nepal.

My mother, Maiya Shrestha works as a sales promoter in Saada Guireh Trading L.L.C, Dubai, UAE and my father's name is Bhakra Raj Shrestha. I do not have any brother and sister as I am the only child of my parents. When I was in 7th grade my parents separated, since then I started to live with my mother, maternal uncle Kundan Khadka, who works as a Marketing Director of the company Believable Overseas Pvt. Ltd and maternal aunt Mrs. Damber Kumari Rokka, who is a Biometric Operator in Sunrise Polyclinic and Diagnosis Centre Pvt. Ltd. My parents got divorced in the year 2015, since then I have got full support from my maternal family in all aspects.

Regarding my academic qualifications, I have completed my secondary education from Galaxy Public School Gyaneshwor, Kathmandu with a **3.60 GPA** in Secondary Education examination (SEE) in the year 2017 from the National Examination Board of Nepal. By 2019, I completed my Higher secondary school level with **CGPA 3.27 (3.11 in grade 11 and 3.44 in grade 12)** from NIST(National School Of Sciences) College, Kathmandu. After completion of my high school level, I started taking IELTS class to pursue my undergraduate degree in abroad and scored overall band **6.5, 7.5** in listening, **6.5** in reading, **6** in writing and **6.5** in speaking which is sufficient to meet the entry requirement of the course I am planning to take.

Reasons for choosing Australia:

As I have heard from my seniors and friends pursuing their education in Australia, I started investing my time to figure out study options and scopes in Australia. For that I started to attend education fairs and surfing the internet. Websites like:

<http://border.gov.au>

http://internationalstudent.com/study_australia

I was fascinated by the fact that not only Nepal, but the endless academic opportunities in Australia have also lured students globally. The country has the third-highest number of international students in the world just after New Zealand and Canada, leaving behind the popular educational destination like USA and UK. There are several reasons for my interest in pursuing higher education in Australia such as affordable tuition fees despite providing quality education. Achieving a globally recognized qualification in an excellent learning environment along with the safest living environment is the main feature of the Australian education system, so it can be called without hesitation the best in the world.

A complete tuition fee transparency is another reason for its educational superiority. Educational policies such as **ESOS** (Education Services for Overseas Students) act for international students by ensuring a high standard of education, facilities and other supports and services (<https://www.studyinaustralia.gov.au/english/australian-education/education-system/esos-act>). Australia provides around 22,000 courses through 1,100 institutions. Moreover, the degree provided by Australian University is considered better and appreciated all over the world and graduates from Australia are very successful to get the job opportunity anywhere in the world. The Australian diverse society provides the ultimate platform for the people of all cultural backgrounds to adjust very quickly and feel comfortable. People get to know the taste of various traditions, foods, art, festivals in many countries.

Thus, Australia provides the perfect blend of quality education, quality life, excellent policies and courses that has indeed motivated me to study in an Aussie university.

Why not other countries?

I too researched the educational program in other international countries. But I didn't find other countries to be as appealing as Australia for education.

USA: American universities are known to have been facing increasing crime rates, mass shooting issues, etc. which would be the last option for students like me who are seeking heaven to study. Secondly, the tuition fee in the USA is out of bounds in comparison with Australia, depending on the universities I choose. Besides this, the American university requires further

SAT preparation for admission procedure along with language proficiency which is time-consuming and not much relevant. Besides these, the next regular educational intake for the USA is August, 2020 which is equivalent to taking a gap year and wasting a year just to get admitted to a college. Therefore, based on the aforementioned reason, I never considered the US as a suitable education destination.

UK: The United Kingdom has a costly lifestyle and fees in comparison to Australia. Also, frequently changing rules and policies for international students bought me to deny the UK as many students from my country had returned without graduation. The British government does not take the responsibility of the institutions that are unable to provide education as per their agreement and unable to deliver the course as per enrollment agreement. Australia has made a special scheme for international students i.e. Tuition Protection Services (TPS), which will ensure that our tuition fees are secured.

Canada: Canada is also suitable among the other countries for higher education, but the huge difference in tuition fees for international students estimated by the Canadian Student Federation (CFS) is unrealistic. The weather and variation in temperature in winter are very difficult to face whereas the weather in Australia is more suitable for people like me. So, that's why Canada is not an appropriate destination for my higher studies.

Other EU countries: European countries like Spain, Italy, Germany, France, Netherlands, etc. provide quality education but I did not prefer it due to the language barrier as learning their local language is time-consuming.

<http://www.studiesinaustralia.com/studying-in-australia/why-study-in-australia/australia-compared>

So, concerning the tuition fees, learning environment, time consumption, and the quality of education I have decided to choose Australia instead of other countries for my undergraduate degree.

Reason for not choosing Nepal:

There are plethoras of reasons for not choosing Nepal for my higher studies. About my study major, Nepal lacks a variety of nursing programs as provided by the Aussie universities. Only two nursing programs i.e. B.sc nursing and P.C.L are focused in my country.

There are only four recognized universities here, namely Tribhuvan University, Pokhara University, Kathmandu University and Purbanchal University providing affiliation to institutions that offer the course related to nursing, which is quite inadequate in terms of number of prospective students each year. As the demand of nurses is increasing exponentially in the country, so do the students, and the limited good institution here are unable to accommodate all the students. This has led many students to look abroad for their education.

Furthermore, the job of the nurse is a very delicate one and comes with a load of responsibilities. It is a profession that totally deals with human welfare, the care of individuals and maintaining the quality of life. This requires very proper skill-sets and knowledge which is possible only through a practical based education system which is quite not adopted by our education system. The education system here and teaching methodology are not modernized in the universities because of the lack of ideas of synchronization between theory and practical knowledge in the clinical setting. Factors like inadequate training, limited resources and lack of opportunities for personnel management are few reasons affecting quality in nursing education. The governmental colleges lack the facilities like monitoring and assessment system, while the private colleges boast the unlikely reputation of very expensive tuition fees. Also, there are consequences of limited seats for student enrollment. Thousands of high school graduates have to compete in the standardized tests to get into a well-reputed college.

Thus for the hassle-free quality education, and to earn adequate skills, I decided to pursue my education in Australia. I believe with the education bestowed upon me at Australian Catholic University, Australia will make me capable to contribute to the growth of the nursing field in my country in the coming future.

Thus, due to the afro-mentioned reasons, I didn't opt for nursing studies in my own country.

Reference links:

- <https://medcraveonline.com/NCOAJ/perspectives-of-developing-nursing-education-in-nepal.html>
- <https://www.slideshare.net/rsmehta/trends-and-issues-in-nursing-in-nepal>

Why Australian Catholic University?

After narrowing down my top list of priorities and features I was seeking from my education provider, I was able to finalize and choose Australian Catholic University with all the eccentric qualities, features and facilities which perfectly matched my quest. It has been ranked among the top **2%** global universities by various sources such as Time higher education rankings and QS World University ranking for its quality education. It's also ranked as one of the top young universities and as one of the best catholic university. Furthermore, it has an astonishing **90%** international student satisfaction on the course content.

Graduates of ACU are most demanded in Australia as well as in my country too because of its reputation for the integrated and advanced learning system as it also ranked among the top **4** universities in Australia for graduate employment. Being a hub of more than 5000 international students from 103 different countries ACU has its prestige in quality graduates outcomes and impact of its graduates in the respective field not only in Australia but also all over the world.

Similarly, as I was searching on, I was amazed by the fact that they are ranked 5 stars for staff qualification, student demand, student/staff ratio and cultural diversity assuring us a **high-quality academic** and social experience which I was not able to find it in other universities. The other factor I was impressed by was, that **social responsibility** and community engagement are at the heart of the ACU mission which would help students to enhances the academic experience and build skills.

<http://www.bachelorsportal.com/studies/136395/nursing.html>

I researched on other universities in Australia that provides the same course as well I compared the universities within the criteria of quality education, employability, affordability teaching method, environment, its facilities, transportation, student life, and mainly its location and found ACU to be the best among the pack.

Compared to other universities, ACU not only aims for quality education but also for the **personal development** of the students and creates a friendly environment which is the major factor that every international student like me searches for.

In the case of academics, the nursing program in ACU is considered World-class and even ranked as 32nd in the world and 7th in Australia. It has close links with hospitals and health care partners which provides clinical experience in diverse settings. Its provision of internship and modern practical approach has significantly upgraded its educational quality. In the latest ERA (Excellence in Research Assessment in Australia), the nursing research programs are ranked the best in Australia. Thus, ACU boasts the best possible academics in the nursing field that have indeed attracted numerous students.

The other factor that I look upon was the affordability of tuition fees. The following chart depicts the tuition fees of the different university for the bachelor of nursing program:

Name of university	Duration	Approximate tuition fees
University of Technology Sydney-UTS	3 years	AUD38,060
Curtin University	3 years	AUD 34,600
James Cook University	3 years	AUD 32,280
American Catholic University	3 years	AUD 29,080

From the statics, it is evident that ACU is one of the most affordable Aussies University for Nursing Program despite providing quality education. The other prospect that I looked for was the employability of graduates. Astonishingly, ACU graduates topped the employability list as well in Australia.

Hence, I am confident in my decision of applying to ACU for my nursing studies as it considerably satisfies all my criteria for a perfect university search.

Reason for choosing TPP(Tertiary Preparation Program) leading to Bachelor of Nursing:

As I went on searching I found 1-year TPP program more suitable for an international students like me, which after completion leads directly to the bachelor of nursing. This program helps international students to learn terminology about health sciences, communication with patients, how to deal with issues in the health profession and develops critical thinking and problem-solving habit which will be fruitful while studying nursing. There are 4 units in each semester.

Course structure:

The course unit for the respective semester as prescribed by Australian Catholic University are:

First semester	Second semester
*Academic for health sciences *English language communication skill *Australian society *communicating as health professional 1	*Academic for health sciences *Introduction to health care in Australia *Introduction to health sciences professionals 2 *Communicating as a health professional

From my childhood, I always had a deep passion for serving others and a considerable enthusiasm towards the subject biology. Later during my high school, I realized that I would do great in the field that blends in both my compassion for helping others and the biological studies that are without any doubt the nursing field. Besides my persistent interest, nursing jobs tend to rise by 31% by the next decade which is the most significant figure for any job considering the rise of technology causing the decline of jobs.

The other reason for me choosing this field is the consequential health condition of my country. Although Nepal is at its peak pace of development, even in the present days it is facing disease outbreaks such as typhoid, diarrhea in the rural areas. The people in the rural areas are facing difficulties in easily curable and preventable diseases due to lack of access to skilled health workers such as the nurses. Therefore, by pursuing this field I too can contribute significantly to changing the lives of many people.

Bachelors of nursing graduates can pursue a range of careers as registered nurses within the health care industry including aged care nursing, community care nursing, medical/surgical nursing, mental health nursing, pediatric nursing. The completion of the course requires the successful accumulation of 240 credit points. There are in total 24 core units, 4 in each semester. The duration of this course is 3 years full time.

The course units in the respective semester as prescribed by Australian Catholic University are:

First semester	Second semester
<ul style="list-style-type: none">• Indigenous health and culture• Evidence for practice	<ul style="list-style-type: none">• Human biological science 1• Self and community: exploring

<ul style="list-style-type: none"> • Transition into nursing • Integrating practice 1: assessment in health 	<ul style="list-style-type: none"> the anatomy of modern society • The person, health and well being • Integrating practice 2
Third semester <ul style="list-style-type: none"> • Human biological science 2 • Principle of nursing: mental health • Principle of nursing: surgical • Integrating practice 3 	Fourth semester <ul style="list-style-type: none"> • Principle of nursing: medical • Principle of nursing: contexts of aging • Health care ethics • Integrating practice 4
Fifth semester <ul style="list-style-type: none"> • Justice and change in a global world • Building healthy communities • Principle of nursing: chronic illness and disability • Integrating practice 5 	Sixth semester <ul style="list-style-type: none"> • Principle of nursing: a palliative approach • Clinical leadership • Transition to professional nursing • Integrating practice 6

As mentioned above, academic excellence with diversified clinical practices along with utmost affordability of the nursing program of ACU has grabbed my attention to pursuing nursing in this university. And I believe through sole dedication and quality education I can truly flourish in this field in the future and bring positive reformation in people's live.

Career outcomes:

I can have many opportunities in nursing, with its varied employment settings and multiple avenues for continual growth and advancement. Nursing graduates can pursue a range of careers as registered nurses within the health care industry including aged care nursing, community nursing, medical/surgical nursing, mental health care nursing, pediatric nursing, etc. After completion of my study, I will apply for a post-study visa (PSW) and gain valuable work experience during the 2 years. The 2-year work will also provide me the right exposure to the practical and advanced nursing field.

After graduating from nursing, I would register myself and get a license for nursing. I can also work as a ward nurse, medical nurse, home care nurse, community nurse childcare nurse, etc. With my quality degree, I am sure to be hired and get job experience in Australian hospitals or clinics such as Sydney Hospital, St Vincent's Hospital, Mater Hospital, etc.

Here are the websites for the job references

<http://www.wow.com/>

<http://au.jobsgalore.com/>
<http://www.seek.com.au/>

With the valuable two-year work experience, I will return to Nepal and begin my prosperous job career. After returning, my first prioritization would be registering myself under NNC (Nepal Nursing Council) so that I could practice here in Nepal. As in my country medical facilities are less in number so I have planned to do some volunteering activities as well. As I have always been interested in surgery, I have planned to expand my skills in the medical /surgical sector for the job position of a **surgical nurse** in reputed hospitals such as Om hospital, Norvic hospital, etc. I am sure that with Australian degree and work experience, I will get the job in hospitals here in Nepal and fulfill my dream to serve the humankind.

Furthermore, demand for nurses is soaring up in recent years due to an increase in hospitals and health centers so I can easily find a job with a decent salary. With the degree and work experience from Australia, I am also eligible to work in a governmental and non-governmental organizations like Sunaulo Pariwar Nepal, Santa Bhawan Nepal, Phase Nepal, Red Cross Nepal, Child Welfare Scheme and many more. Thus, working in a surgical sector I would earn salary NRs70000-80000 monthly. With this salary I am confident enough I will be able to get back all the expenses that I have made during my stay and study.

Here are the websites for the job references in Nepal

<http://www.merjob.com/>
<http://www.kumarijob.com/>
<http://www.ramrojob.com/>

Incentives to return to the home country:

My ultimate goal has always been serving people of my country in the rural areas who still live a low quality life. After the completion of my curriculum and experience, I will genuinely return to Nepal and use my knowledge in the national health sector. With an Australian degree and experience, I am very much confident to land a job with a decent salary package in a well-established organization, clinics or hospitals in Nepal. Furthermore, the import of foreign direct investment in many sectors including the health field with its pace towards political stability are a promising factor for us to return to our country for the implementation of our knowledge.

Besides these, the family relationship is the other factor to return to my motherland. Since I am the lone child of my **single parent** (mother) I have to unshackle the stressful weight of raising a child as a single parent from my mother's arm and provide her a comforting life once I hit the maturity. I am also expected to uphold my family traditions to look after my family assets such as land because I am the single child of my parents. Furthermore, as a Nepalese citizen, the country expects me to contribute to its prosperity and development and here in Nepal demand of nurses is increasing day by day. Therefore, I believe that due to the afore-mentioned reasons, I will return to my country, and contribute to national prosperity.

Criminal history

I have not been involved in any kind of criminal activity. Therefore, I have and maintain a clean record.

Visa Obligation:

I am fully aware of the visa obligations and processing under subclass 500 like:

- I need to maintain 80% attendance.
- I will have a cover OSHC (Overseas Student Health Cover) during a stay in Australia.
- I am allowed to work 40 hours per fortnight.
- I must inform the university and Department of Home Affairs within 7 days of arrival to Australia and also notify if I change my address or contact details.
- I need to maintain a 50% passed the mark in each term.
- I am not allowed to change courses without the approval of the department and cannot change the institution until six months.

Conclusion

Lastly, I would like to express my enthusiasm strongly that I will be within the circumstance of rules and regulations made by the government of Australia for international incoming students and all the documents I provided are genuine. Looking forward to your positive response

Thanking you.

Yours Sincerely,

Pratika Shrestha

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