

“Afterschool Alliance.” *W*www.afterschoolalliance.org, www.afterschoolalliance.org. This Source provides a simple event planning checklist designed for school and youth programs. I chose it because my cell phone involves organizing a small nursing event, and I need a clear breakdown of what steps to take before the event. The check helped me understand how far in advance I should plan what materials I need and how the structure of the day will go. It also reminded me to think about things like room setup, timing, and communication or volunteers. Well, the limitation is that it focused on after-school programs, not career events, but the planning steps still went directly to my project.

“Bagmasters.” *Bagmasters.com*, 2026,

www.bagmasters.com/blog/marketing/what-is-a-swig-bag-and-what-should-you-i

This article explains what a spec bag is, and it gives ideas for small, affordable items to include. I selected the source because I want to create a simple take-home bag for students in my event, and I need inspiration for what to put in them. I think about items like pens, small health-related items, and informational cards about nursing. Well, the limitation of the article is run for marketing events and now school events, but the ideas help me plan something fun and memorable for students. I also thought that this would be a good way to get people intrigued if I put this in the flyer for my exploration day.

. Accessed 23 Feb. 2026.

Vari, T... “3 Ways to Support Career-Focused Learning in High School.”

Edutopia, George Lucas Educational Foundation, 12 Dec. 2025,

www.edutopia.org/article/career-connected-learning-high-school.

This article discusses how exposing high school students to real careers can help them make more informed decisions about their futures. I chose this Source because my Capstone focuses on whether interacting with nurses increases student interest in nursing careers. The article supports the idea that even small events can make a meaningful impact. It also explains why hands-on activities help students stay engaged. These stations will be included and demonstrated by me. I feel like this will help me know how to cater to all students. What limitations does it talk about career learning in general that will not specifically help care, but concepts to apply to my project?

“A Day in the Life of a Nurse, according to Nurses.” *IntelyCare*,

www.intelycare.com/career-advice/a-day-in-the-life-of-a-nurse-according-to-nurses-themselves/.

This article shares real nurses' descriptions of what their daily routines are like. I selected the source because I want students and my event to understand why nurses actually do not just stereotype. This source helps me get realistic examples to use in my Station activities and posters. It also showed how different Specialties have different responsibilities, such as oncology, pediatrics, and emergency care. One limitation is that it focuses more on personal stories instead of statistics. But the real-life details make it useful for my event. This also gives great examples for my posters that go around the room.

“Helping Kids Find Their Passion.” *Livingjoyfully.ca*, 2022,

livingjoyfully.ca/articles/helping-kids-find-their-passion/.

This article explains how exposure to different activities helps people discover their interests. I chose this article because my Capstone is a design to help students explore nursing as a possible passion or career path. The article supports the idea that students need opportunities to try Hands-On in order to figure out what they enjoy. This directly supports my goal of creating an

event where students can interact with real nursing tasks and experiences. One limitation is focusing on parenting rather than school events, but the idea still connects to my goal and helps students explore new interests. The concept of encouraging these kids with their dreams makes me happy.

December 01, Madeline Buiano Updated, 2022. "Your Step-By-Step Guide to Planning a Bake Sale." *Martha Stewart*,
www.marthastewart.com/8162570/how-organize-bake-sale.

This article gives tips on organizing small community events, including planning set up, and managing supplies. I selected this article because even though it's about a big sale, which I plan on doing for the money that I need for fundraising, the planning advice applies to any school event. It helped me think about the flow, the timing, and how to keep things organized when multiple people are participating. One limitation is that it's not related to nursing or education, but the vet planning strategies are still helpful, even though I still need to plan this event. Which is important because I'm running most of the events by myself. But creating a checklist and preparing materials ahead of time are still helpful for running my capstone run smoothly.

"Clearances." *Upenn.edu*, 2019,
www.nursing.upenn.edu/students/clinical-compliance/clearances/
. Accessed 23
Feb. 2026.

This Source explains the type of clearances nursing students need before working with patients. I chose this source because I met with my mentor, and nurses visiting my school need clearances. I want to understand what that process looks like. The information helped me realize that bringing many nurses outside volunteers would be difficult, which is why I scaled my event down. The limitation is that these are college-level requirements, not K through 12 School requirements, but it helped me understand the general ideas of the clearance process. The information helped me realize why bringing in so many volunteers would be difficult, which is why I scaled my event down.

Riopelle, Haley. "How to Organize a School Event | Ultimate Guide & Checklist - Reventals Event Rentals." *Reventals Event Rentals*, 14 Jan. 2026,
www.reventals.com/blog/ultimate-guide-to-planning-school-events/
Accessed 23 Feb. 2026.

This guide breaks down how to plan school events, including budgeting, scheduling, organizing volunteers, and managing the logistics of it. I selected the source because it helped me understand how to structure my event realistically within a short timeline. It also emphasizes keeping events simple and manageable, with support for my decision to limit attendance to 30 students so the experience stays high quality and not overwhelming. The limitation is that it focuses on larger events, but the general advice still applies. The planning tips, organization strategies, and reminders about staying realistic were all useful for shaping my capstone event effectively.

"Prom Planning & Collaboration - PromUs." *PromUs*, 6 Nov. 2025,
theprom.us/planning/?msclkid=84271ef7341111e90c24776040670460.

This provides a basic overview of event planning, including choosing a theme, organizing materials, and managing time effectively. I chose this Source because it helped me think about the overall structure of my band and how to keep everything organized from start to finish. Even

though they focus on dances and social events, the planning steps like creating a timeline and preparing supplies still apply to My Capstone. One limitation is that it's not related to education or health care, but the planning advice was useful. It gave me a clearer sense of how to stay on track, simplify my ideas, and make sure my events run smoothly.

admin. "Discover 8 Common Nursing Specialties | WVJC | May 2025." *WVJC*, 31 July 2024, www.wvjc.edu/discover-8-common-nursing-specialties/.

This article explains eight common nursing specialties and what each one involves. I selected this Source because I needed accurate information to design stages for my event. It helped me understand what makes each specialty unique and what kind of skills nurses use in different areas. This information will help me create posters and Hands-On activities that are like real-life nursing work. The limitation only covers Specialties, but it still gave me a strong Foundation. Understanding what makes each specialty unique helped me plan activities that reflect real nursing responsibilities rather than general assumptions. The article also gave me insight into the different environments nurses work in, which will help me create posters and hands-on tasks that are realistic and engaging to students.