



No One Tells You This... And That's Exactly Why We're Talking About It

MacKenzie Simmons, BSN, RN | FNA Early Career Director

When I graduated from nursing school, I felt prepared to take care of patients—but nothing fully prepared me for what those *first few years* as a nurse would really feel like. The steep learning curve, the emotional weight, the moments of self-doubt, and the quiet wins that no one seems to talk about enough.

That's why I'm so excited to introduce the Florida Nurses Association's new podcast, *No One Tells You This...*

This podcast was created with early-career nurses in mind—especially those navigating their first few years at the bedside, in clinics, leadership roles, or anywhere their nursing journey begins. Our goal is simple: to create a supportive and educational space to talk honestly

about the things you don't learn in nursing school but absolutely experience once you're on the job.

Our first episode will drop in *February 2026*, and I'll be kicking things off with a topic that hits close to home:

No One Tells You Your First Year Is the Hardest.

In this episode, I'll share personal stories from my own first year as a nurse—my biggest surprises, the adjustments I didn't see coming, and some of the challenging situations that shaped me professionally and personally. We'll talk about what it feels like to go from student to nurse, how to survive the tough moments, and how growth often comes from experiences that initially feel overwhelming.

The podcast will feature **bimonthly episodes**, with future conversations like:

- *No One Tells You Being Busy Isn't the Same as Being Effective*
- *No One Tells You You Might Be Leading Before You Think You're Ready*

You can find *No One Tells You This...* on **Spotify and all major podcast platforms**, making it easy to listen during your commute, a break, or whenever you need a reminder that you're not alone in this journey.

Because sometimes, the most important lessons are the ones no one tells you—until now. ■

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