

Learning from Patients, Ananda Lulu Graduated from UPNVJ's Nursing Profession with a GPA of 4.00.

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UPNVJ Public Relations –“ The physical, mental, and emotional exhaustion of her nursing practice did not prevent Ananda Lulu Afirah from achieving top academic results. A graduate of the Nursing Professional Education Program, Faculty of Health Sciences, Veteran National Development University Jakarta (UPNVJ), successfully completed her education with a perfect GPA of 4.00. This achievement was achieved through consistent learning, direct experience with patients, and the support of family, friends, supervising lecturers, clinical supervisors, and teammates during her professional practice.

For Ananda, professional nursing education isn't just about completing academic assignments. She must face the dynamics of healthcare services, diverse patient conditions, and the demands of professionalism in the field.

"The biggest challenge is energy. Nursing practice is incredibly exhausting, physically, mentally, and emotionally. Everything is drained," said Ananda.

He admitted there were many days when his body and mind were at the point of exhaustion, but his responsibilities as a professional student still had to be fulfilled. Practical reports, assignments, and work obligations were part of the process he had to go through with discipline.

“There are days when I feel really tired, but I still have to do assignments and reports,” he said.

Learn Directly from Patients

Unlike some students who have specific study methods, Ananda considers his learning process to be simple. He strives to maintain a consistent learning rhythm from the first semester until he enters his professional career.

According to Ananda, her professional nursing education provided her with a more hands-on understanding of nursing. She learned not only from textbooks but also from direct experience interacting with patients, their families, and the changing clinical situations that occur daily.

"For me, learning doesn't just come from books, but also from every patient and situation I encounter directly in the field," he said.

This experience shaped Ananda's perspective on the nursing profession. She learned that academic ability must go hand in hand with empathy, precision, communication, and responsibility in providing patient care.

"Consistency for me isn't about always being perfect, but about keeping trying even when we're really tired," he said.

Support from those closest to you

Amidst the pressures of professional practice, Ananda admits he didn't walk alone. The support of those closest to him was a crucial factor in helping him persevere through to the end of his education.

He relies heavily on friends, teammates on duty, and family at home. For Ananda, the emotional support from those around him makes the burden of practice feel lighter.

"My friends are a place to confide, my teammates support each other during duty, and of course, I also receive prayers and encouragement from my family," he said.

In addition to family and friends, Ananda also mentioned the role of his supervisors, examiners, clinical instructors (CIs), and the patients he treated during his practice. He said each person provided different lessons that enriched his learning experience as a prospective healthcare professional.

"Without them, the knowledge I gained would not be as valuable as this," he said.

GPA Isn't Just About Being Smart

Ananda's 4.00 GPA doesn't make him view academic success solely as a result of intelligence. He believes that perseverance, responsibility, and environmental support play a significant role in helping someone achieve their best.

"A diligent and responsible person, even if they don't feel they are the smartest, can achieve extraordinary results," he said.

Ananda also emphasized the importance of maintaining a balance between studying, practicing, and resting. He believes a healthy body is crucial for nursing students to optimally practice.

"I still prioritize rest because if my body isn't fit, I can't perform optimally in practice," he said.

Message for Students

Ananda advised other students not to compare their own academic progress with others too often. He believes everyone has a different pace of struggle.

According to him, big results do not always come from big steps, but from small habits that are maintained consistently every day.

"Maintain consistency, because big results are born from small habits that are carried out continuously," said Ananda.

He also reminded students to appreciate every step of the process, including the difficult times that often feel exhausting. For Ananda, it's precisely from these difficult days that one learns to grow and understand the meaning of resilience.

"Appreciate every step of the process, including the tough days, because that's where you truly grow," he concluded.

Ananda's achievements illustrate UPNVJ's commitment to producing graduates who excel not only academically but also are resilient, empathetic, and ready to serve the community. In line with the leadership direction of UPNVJ Rector, Prof. Dr. Anter Venus, MA, Comm, the success of students like Ananda demonstrates that higher education must develop competent, character-driven professionals with a social conscience in carrying out their professions.

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