

# THE 851 ALUMNI SPOTLIGHT: SHARON BROOKS

The 8-5-1 Alumni Spotlight, inspired by the original address of the Spalding mansion, is a monthly feature that highlights members of our outstanding, world-changing alumni community. In each interview, we ask our alum to describe themselves in eight words, answer five questions, and leave us with one message for the Spalding community.

This month's 8-5-1 Alumni Spotlight is Sharon Brooks from the Class of 1982. Sharon is a nurse and has worked in healthcare for over 30 years now. Currently, she works with a team at Norton Healthcare that focuses on emergency surgeries, particularly cardiovascular and cardiothoracic. Her long list of experience, backed by a Spalding education, has helped her remain #SpaldingStrong in order to meet the needs of the times.

## 8 WORDS

Mother | Grandmother | Nurse | Strong | Compassionate | Thoughtful | Organized | Passionate

## 5 QUESTIONS

### 1) What did you study at SU and when did you graduate?

Nursing  
1982

### 2) What do you do for a living and how has your work environment changed since the start of the COVID-19 pandemic?

I am an Assistant Nurse Manager in Surgery, in charge of Cardiothoracic and Vascular services. Our surgery schedule has dramatically decreased due to the mandate of no elective procedures. We have been creative in ways of scheduling and using staff in other areas. Having no visitors is very strange for us. Going to surgery without a family member or friend with you is very difficult for our patients, so we have become creative in ways of communicating with the families and friends.



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### **3) What are the ways SU helped prepare you for what you are currently experiencing both at work and in your personal life?**

Spalding provided me with a well-rounded education that not only included a strong basic knowledge of nursing, but also fundamentals of organization and flexibility. My instructors recognized my strengths and taught me ways to succeed. This helped me to believe “I could,” and gave me the confidence to take on roles in leadership throughout my career. This not only prepared me for my work life, but also helped me in my everyday family life as a wife and mother. While all of these were important lessons, the strongest I was taught at Spalding was through example. I was not just another student. My instructors and advisors cared about us and we learned to show compassion to others from their example. This was one of the most important lessons I was given, and have carried it through my personal and professional life.

### **4) What is your favorite memory from your time at SU?**

My relationships with fellow students and instructors. Some of our clinical rotations were very difficult at the time. As students we were nervous, stressed and just plain scared to death at times. But, we were able to laugh, cry, and get through those times together. Some of the wise words said to me by instructors I still hear today. Another favorite memory is the Rat Race. Sister Julia Clare Fontaine was my freshman Anatomy & Physiology teacher and such a great one! She got us all involved in the Rat Race during finals week. So much fun during a hectic week!

### **5) What was your favorite spot on campus as a student?**

I don't remember what it was called. It was in the basement of the library I believe. There were always art displays from students and also artists I believe. We would go there and just relax.

## **1 MESSAGE**

I am so proud to be an alumni of Spalding. It was small at the time I was a student and not as well known. The growth that has taken place is astounding, and such a blessing to our community. Thanks to all who have helped make that happen.

I do not believe I would have been the well-rounded nurse I am today had it not been for the education I received at Spalding. Thanks to all.

**Contact Scotty Brooks at [sbrooks04@spalding.edu](mailto:sbrooks04@spalding.edu) if you, or someone you know, would like to be featured in our monthly 8-5-1 Alumni Spotlight.**