

Sample Reflective Journal

The following are extracts from a Reflective Journal written for the course, *Reflective Nursing Practice 1* by a first year student, Chrissy Poulos:

CHRISSE POULOS – REFLECTIVE JOURNAL

Excerpt from Week 1

Defining nursing is a tough one. I am not sure about the ins and outs of it yet. But I will write what I think of it now. This should make for some good laughs when I read back at the end of semester (study period)! It is about caring for people. I guess I see it as a job where you have to give of yourself physically, and by physically I mean doing things like making beds. But you also have to give a lot of yourself emotionally. Dealing with people a lot of the time, this is not really surprising. I see nurses as being privileged in a way. I mean you are allowed to share some intimate moments with people. Births. Deaths. All this is not to say I have romanticised the whole occupation. I do realise you have to wipe people's bums too! Now I'll try to incorporate some of what we have learnt this week into this definition.

All of this is underlined with the premise that the role of the nurse is to guide people on the path to wellness. Not simply cure their illness. I really enjoyed the reading on wellness and I am pleased to see that this program is so how do I put this? — new age? My mother has been a believer in the wellness idea for a long time. She is a physio. She will probably be mentioned quite a bit in this journal, as she is a very influential person in my life. (Incidentally, I see nursing as a craft, an art and a vocation).

Excerpt from Week 2

I love history and see great value in it for the following reasons. It is fascinating. Nothing is more valuable or wonderful than immersing yourself in all the different beliefs that people held in former ages. Not only what their beliefs were, but how they changed over a period of time, and why. And perhaps the most important reason for the study of history can be summed up in one sentence—'The key to understanding our present is in the understanding of our past'. Perhaps we are hoping that in learning where we have been, we will also learn where is that we are going. We hope, also, to learn from our mistakes.

OUR COMMENTS

Here Chrissy in her first week of the nursing program writes about what nursing means to her at that time. Each week she responds to questions set in the Course Outline

Notice the use of personal writing with 'I'

Chrissy makes a link to one of the readings on 'wellness' set in the Course Outline.

Note: She should have put the name and date of the source in brackets as for all referencing.

Again Chrissy responds to the Course Outline question and to her reading.

She relates the topic to a previous life experience.

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Sebastian Brünink



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Table of Contents Reflective Nursing Journal Template

1. Understanding the eBook Reflective Nursing Journal Template
 - The Rise of Digital Reading Reflective Nursing Journal Template
 - Advantages of eBooks Over Traditional Books
2. Identifying Reflective Nursing Journal Template
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Reflective Nursing Journal Template
 - User-Friendly Interface
4. Exploring eBook Recommendations from Reflective Nursing Journal Template
 - Personalized Recommendations
 - Reflective Nursing Journal Template User Reviews and Ratings
 - Reflective Nursing Journal Template and Bestseller Lists

5. Accessing Reflective Nursing Journal Template Free and Paid eBooks
 - Reflective Nursing Journal Template Public Domain eBooks
 - Reflective Nursing Journal Template eBook Subscription Services
 - Reflective Nursing Journal Template Budget-Friendly Options
6. Navigating Reflective Nursing Journal Template eBook Formats
 - ePub, PDF, MOBI, and More
 - Reflective Nursing Journal Template Compatibility with Devices
 - Reflective Nursing Journal Template Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Reflective Nursing Journal Template
 - Highlighting and Note-Taking Reflective Nursing Journal Template
 - Interactive Elements Reflective Nursing Journal Template
8. Staying Engaged with Reflective Nursing Journal Template
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Reflective Nursing Journal Template
9. Balancing eBooks and Physical Books Reflective Nursing Journal Template
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Reflective Nursing Journal Template
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Reflective Nursing Journal Template
 - Setting Reading Goals Reflective Nursing Journal Template
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Reflective Nursing Journal Template
 - Fact-Checking eBook Content of Reflective Nursing Journal Template
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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