

Covenant School of Nursing Reflective

<p>Step 1 Description</p> <p>The "Poor Kids" documentary shows how three families live in poverty and the struggles they encounter because of it. These three families all have things in common, from not being able to afford everyday expenses such as food, clothes, gas, to being able to pay bills or house payments. You can definitely see the parents struggling to be able to provide for their families, and the children are fully aware of what it means to be poor. The children at such a young age already know what it means to have services cut off due to being able to pay the bills. Some of them even talk about being homeless if they don't find a way to keep the house. You can see how these kids in a way get forced to grow up faster, trying to survive, and not being able to enjoy their childhood. Sadly, I know all too well what these families are going through. While watching the video, it was all relatable and giving me flashbacks to my childhood. Something I grew up being embarrassed about, but what also pushed me to want to better myself and be able to find a way to help my family out for all the suffering and sacrifices they made.</p>	<p>Step 4 Analysis</p> <p>I think that analyzing our life is all that we do! Everyday going over what we could do better in hopes of making it better for all our family. The families in the video did the same thing, discussing different ways or different job opportunities to be able to provide for their family. I think one family would have to drive 2 hours every day just to get their dad to work. And because they were living in a shelter, the kids couldn't just stay behind, they also had to make the trip with their parents on the 2-hour drive there, and 2-hour drive back. The families in the documentary were always working together to help with finding a way to bring money into the household. The children you could see the emotional stress that they were going through, and once you see them in their older state, the toll it has taken on them.</p>
<p>Step 2 Feelings</p> <p>My feelings were all over the place. I'm a sucker when it comes to documentaries, especially one like this one. First, I love kids, and wish I could save and make every child happy. And to watch the video and see how these kids were suffering, made me want to just reach through the tv and hug them. Second, obviously watching the video made me cry. A reminder that we shouldn't take things for granted, and that we should be thankful for what we do have. It also made me want to call my parents and thank them for not ever giving up on us even when we were at our lowest. One of the biggest feelings was when one of the moms starts crying feeling like they've failed their family and kids. That had me crying because I remember the many times my dad would get paid, only to find out his boss didn't have the money either to be paying my dad, and we would have to walk away with a check that couldn't be cashed, leaving groceries behind left in the cart. Or how the girl would be made fun of at school for being poor, and I could remember the kids making fun of me because my mom would have to make my clothes.</p>	<p>Step 5 Conclusion</p> <p>You never know what is going on with the person in front of you. I guess that's where the saying "never judge a book by its cover," fits because you just never know. But instead, you should always try your best to be kind to people and smile even when you can tell they are not happy, you never know whose day you will make by just a smile. I was glad to see in the video how after a few years, some of them were doing better. Still struggling, but still trying. Everybody was in some way trying to help their family out. You also see the emotional toll it's taken on the kids though. One of the girls makes the comment about how she's so used to things going wrong or bad, that she's grown numb to it all. That is sad and scary, to be young and already know how to turn your emotions off.</p>
<p>Step 3 Evaluation</p> <p>I can see the stress it puts on the parents, and the single mom trying to make ends meet for their children. Sadly, even the children are aware of the poor conditions they are living due to the lack of money. And not because their parents aren't wanting to work, but by being laid off and not being able to find something else. Or the pay just isn't there with the hard job. I'm just as much of an animal's lover as the young girl in the video that seeing them have to give up their pet was heartbreaking! And I'm sure that is something she will always remember because you could just see the pain in all of their faces, but especially hers.</p>	<p>Step 6 Action Plan</p> <p>I think the action plan is what I am trying to do right now. Finally fulfill my dream of becoming a nurse and bettering our family so that we could in return help others. The video made me sad, it makes me want to save the world. But in knowing that I can't save the world, at least I can start off small. Growing up poor wasn't easy, but it did serve as a lesson for me to want to better myself. It gave me a good work ethic because I try not to take things for granted and makes me work hard no matter what type of job I do have. In hopes to one day be financially stable and be in the position to help others along the way. I hope that these families are still continuing to do better and finally able to break the pattern of having to live check to check.</p>

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