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### Simulation Lab Reflection

I really enjoyed the way that we did simulation lab this past week at school and at the hospital. As we are still learning to critically think, being able to be presented with different situations and talk through what actions we think would be best and what problems can arise is incredibly helpful. In our other simulations in past modules, we were so focused on doing things step by step and not missing the big points which is important, but I have learned more than anything in module three that bedside nursing is not step by step or black and white.

I also benefited from going room to room and teacher to teacher because it gave me a chance to talk through the situations that we are actively learning about which is very helpful in expanding my knowledge about these subjects. Being able to do a non-graded CPE scenario was very helpful to me because I was able to look at report of the patient and see labs. This helped me see the why in the actions I am taking and helps me prioritize what's important based on the "now" and not the "what if's". I also think it reinforces to us that no matter what your patient is in for, how many steps you need to follow, or what situation gets thrown at you, your patient's safety is your biggest concern.

One of my favorite things about the way we did sim lab was being able to do it with a small group. I especially liked this because when we were doing the scenarios in the classrooms, I got to hear two other perspectives that were completely different than mine and got to hear questions that I would have never thought to ask. Being able to watch them do their non-graded CPE scenarios gave me an outside perspective on things that I didn't think about in the middle of mine because I was nervous or focused on something completely different. For me, I learn a lot by doing and being hands on, but I did not realize how much I could learn by just watching someone else on the same level as I do things.

Normally sim lab is something I get nervous about and don't feel very prepared for, but I am very much looking forward to being able to do more situations like this if possible. I felt it helped me in more ways than I thought it would and was very surprised at how much I did enjoy it.