

## **Escape Room Reflection**

Going into today I had never done an escape room before so I had no idea what to expect. It was a lot of fun but more challenging than I had initially anticipated. Walking into the room I was not sure where to start or what we should be looking at because there were a lot of locks all around us. We were off to a rough start since we did not communicate effectively but ended up working very well together in the end. Working together better early on could have also helped us decipher the clues more quickly. I was overthinking the escape room as a whole at the beginning which led to some time being lost by looking in unnecessary places. However, we only used one hint so we were able to minimize time lost overall. My group was calm and collected which is probably a good thing during a stressful situation. I think we should have decided what roles each of us would take care of before we went in so that we would have worked more effectively early on. Looking back, I wish I would have spoken up more but since I am naturally more of an introvert and am slowly learning how to step out of my comfort zone, it is difficult sometimes. I also realize looking back that we should have treated the mannequin more like a real patient even though it can be difficult and awkward sometimes since it is a mannequin in a bed. I think we all enjoyed it and learned along the way. We ended up escaping and we were happy with how we finished. There was only one group after us and so far we were in the lead so we either got first or second place. Overall I am grateful for this experience and that all of the instructors went out of their way to do this for us. I believe that in the future activities like this will continue to help us grow and think more like a nurse.



