

N321 Adult Health I

Clinical Reflection Form

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End of clinical Journal

1. Briefly write about your experience(s)

I had great experiences during this clinical rotation. I used my class and lab skills during every clinical session.

2. What are things you learned?

I learned to have confidence in myself. I now understand that believing in my ability to accomplish tasks is essential to being a good nurse. Lacking confidence can cause anxiety and make an unpleasant experience for patients.

3. What are things you would do differently?

There is nothing that I would do differently. I was vocal with my preceptors and took every opportunity that was presented to me to get hands-on experience.

4. What is your major "take home" from clinical experience(s)?

One major lesson I learned during my clinical experience was that situations could change quickly. It is crucial to stay alert and be ready to take emergency actions to save your patient.

5. Is there anything else you would like to mention?

Kristal is so knowledgeable and was so helpful in making sure that we had a good learning experience. My past clinical experiences made me feel like instructors didn't care about me receiving hands-on experiences. Kristal only provided me with knowledgeable, caring nurses, which helped my learning experience.