

Service-Learning Reflection Journal

After completing the required 20 service-learning hours, students will complete a reflective journal to communicate how each of the student learning outcomes was met. Students should complete each question pertaining to each outcome.

1. Develop a habit of critical reflection as they integrate professional values and leadership principles throughout their career. (Service Learning outcome #1)

- a) Provide examples of learning experiences that met outcome #1.
- b) State the location of the service-learning hours.
- c) How will the experience assist with future nursing practice?

a) I was fortunate enough to work closely with Lori Lyons, who was the lead chairperson for the Richard Woodard Challenger League Baseball. Her professional values/passion for individuals with disabilities working side-by-side with her leadership role of the whole league seems effortless. There are days when she doesn't have enough volunteers, but she still continues to show the kids a great time and doesn't show any stress or anxiety. She doesn't ever get short with any kids or parents. Lori delegates certain tasks to volunteers, and they are willing to do any task to help her out. She is in charge of scheduling the days to play and what teams play at what time, bringing concession food and equipment for the food and athletic tents, and arranging a commentator for each game as well.

b) The location where my volunteering took place was the baseball fields at Winter Park in Danville, IL, during their Richard Woodard Challenger League Baseball.

c) Watching Lori in action will assist with my future nursing by making sure I am organized ahead of time, using proper time management, using proper coping skills to manage stress when I do get stressed, and never taking my stress or agitation out on the patient.

2. Incorporate an ethic of social and civic responsibility into their professional values and practice. (Outcome #2)

- a) Provide examples of learning experiences that met outcome #2.
- b) State the location of the service-learning hours.
- c) How will the experience assist with future nursing practice?

a) I have always been proud to say I have strong morals and that I abide by my morals. I believe in order to be an ethical person you need to have strong morals. Not everyone may agree with that, and that's okay; that's just my opinion. I believe it is our job, collectively, to try and improve society by helping to mold society in a more positive way. The people who choose

honest professions are there to help people, whether that be medically, educationally, emotionally, or what have you. AMBUCS is an organization that is helping to mold society by positively changing the way the world looks at individuals with disabilities. In a world that is so cruel for young individuals of this world, especially those who have disabilities, AMBUCS gives them a reason to smile, to laugh, exercise, and just be themselves without fearing what others are thinking of them. Sticking up for the “little guy” has always been something I feel strongly about. I was bullied as a kid, but I had a backbone and stuck up for myself. Unfortunately, not everyone is willing or has enough gumption to confront their bully. I was willing to confront the bully then and still am to this very day. I will be the advocate my patient deserves because I may be the only one who is truly listening to them, trying to hear what THEY want. They deserve to be listened to and heard. While AMBUCS has over 150 chapters nationwide, they are gradually helping to remold society’s view of people with disabilities in a positive way, and I am so grateful that I could be a part of it. Volunteering to be a buddy for the kids during their baseball league was so much fun and so rewarding for me. I can only hope to help mold society by being a nurse and being active in policy-making and potential future healthcare legislation.

b) The location where my volunteering took place was the baseball fields at Winter Park in Danville, IL, during their Richard Woodard Challenger League Baseball.

c) This experience has reminded me that nurses are also sticking up for the “little guy,” a.k.a. the patient, by being the patient’s number one advocate. This experience will assist me in the future by being able to acknowledge when things could and should be improved upon. Once you understand when things can be improved upon, the reshaping of society can begin. If I recognize the need for reshaping, I will not hesitate to begin because it has to start somewhere, so why not with you?

3. Develop an understanding of the complex underlying issues impacting family, population, and community health needs. (Outcome #3)

- a) Provide examples of learning experiences that met outcome #3.
- b) State the location of the service-learning hours.
- c) How will the experience assist with future nursing practice?

a) I obtained much of my hours through volunteering with an organization called AMBUCS during the summer of 2024. This is a great organization that puts on a baseball league for children and young adults 21 and younger. These individuals who participate in the baseball league are very special. Anyone who is 21 and younger and has a disability can participate. Disabilities include developmental and physical disabilities. I was fortunate enough to be a buddy each time I volunteered. A buddy is someone who pairs up with one of the kids and helps

them participate in the baseball game. I helped the kids field the ball, throw the ball, hit the ball with a bat, and run the bases. While volunteering, I was able to speak to some of the kids' parents and discuss the obstacles/difficulties that come with parenting children with disabilities. One parent actually had 2 of her kids as participants; they were both non-verbal and severely autistic (lower functioning autistic). The mother told me how there just aren't enough resources around this area for children like hers, especially in finding the correct diagnoses for each of her children. She complained about how long it takes to get into specialists around here for proper diagnoses. Looking at how many kids participate in AMBUCS programs like these I know they aren't the only family who deals with those struggles. This isn't the only event AMBUCS puts on for these children, they also have a soccer league, a Christmas party, and summer camp. You can tell this organization makes them feel a part of something bigger; they make them feel like any other kid just playing sports, and it puts the biggest smiles on their faces and on their parent's faces. These kids just want to feel included, and their parents want to see them feel included too. This organization has such a big community impact on this specific population around the area.

b) The location where my volunteering took place was the baseball fields at Winter Park in Danville, IL, during their Richard Woodard Challenger League Baseball.

c) After volunteering with these kids, I feel more confident in how to handle children with disabilities. I will be working in the emergency department for Carle in Champaign, and I am sure I will come into contact with plenty of children with disabilities. I know they will require a little more patience than the average patient, and I will be able to give them that.

4. Develop their ability to work collaboratively in a variety of settings. (Outcome #4)

- a) Provide examples of learning experiences that met outcome #4.
- b) State the location of the service-learning hours.
- c) How will the experience assist with future nursing practice?

a) While volunteering for AMBUCS, I had to do several things other than just being a buddy for the kids. I was there bright and early when Lori pulled up with her trailer of equipment and helped set everything up. I worked collaboratively with others to do the following, setting up tables and kitchen equipment (crock pots and hot dog maker) for the concession stand, setting up shade tents in each of the dugouts for the kids on those hot, sunny days, putting up their famous AMBUCS athlete posters on the baseball field fence, setting up sign in sheets for each of the kids who were on one of the AMBUCS baseball teams, brought out all the baseball equipment such as the helmets, bats, and balls, and setting up trophy tables during the last day of the Richard Woodard Challengers Baseball League. I also worked collaboratively with other volunteers to take everything down. The organization is all volunteer-based, so everyone there is always willing to help. I felt really included while I was there; one of the regular members gave me her card and was trying to persuade me to become a legitimate member of AMBUCS rather than just a volunteer. I showed up whether it was sunny or raining and was willing to help out with whatever they may need help with. I am a very adaptable person who learns quickly and is

willing to help out with whatever needs to be done. I also got along well with the kids, and I think they could see that. I was very happy I chose to volunteer with AMBUCS to obtain most of my service hours because they do so much for young kids with disabilities in the area.

b) The location where my volunteering took place was the baseball fields at Winter Park in Danville, IL, during their Richard Woodard Challenger League Baseball.

c) I will continue to be adaptable and work well with others to get the task at hand completed. I had patience for people with disabilities before, but I think this experience has helped me gain a deeper level of patience for people with disabilities. I made some true connections with the kids I was a buddy for, and I will always remember them in times I have to care for patients in the ED like them. I will work collaboratively with my fellow nurses, techs, and providers to give my patients the best care they deserve.

5. Learn about diverse cultural perspectives and develop a respect for cultural differences.

(Outcome #5)

- a. Provide examples of learning experiences that met outcome #5.
- b. State the location of the service-learning hours.
- c. How will the experience assist with future nursing practice?

a) As far as the traditional perception of culture, I did not learn much about different cultures during my service-learning hours. However, if we focus on different populations of society that are more vulnerable to life's curve balls, then I did get experience in that aspect of the service hours. I was fortunate enough to be able to donate necessities for people who are less fortunate in two different categories of vulnerable populations. During my first semester at Lakeview, I took Professor Barkley's offer to create hygiene bags for the homeless people who frequent the Dwelling Place in Danville. I created five hygiene bags that contained an assortment of items like a brush/comb, deodorant, body wash, shampoo/conditioner, tampons/sanitary pads, toothbrush, toothpaste, and a washcloth. These items will not only positively affect their hygiene, but they will also allow them to be a little more confident and potentially lift someone's mood. I also was fortunate enough to donate several things to the Crisis Nursery in Champaign during my third semester at Lakeview. I donated items such as children's clothes, mini muffins, teddy grahams, and Clorox wipes. The snacks and wipes will help the Crisis Nursery to feed the children they watch and disinfect their high-touch surfaces/equipment so they can prevent the spread of any germs. The Crisis Nursery is a not-for-profit organization that helps parents/guardians of children who are in a tough spot. For example, if the parent or guardian needs their kid watched so they can work, they can watch them. The vulnerable population or cultures I learned about was the homeless and children. As far as cultures go, the homeless and children are two populations that do not discriminate; they are a part of all cultures, unfortunately.

b) Donations were collected at Lakeview College of Nursing and were sent to their intended locations.

c) I will be working in the emergency department, and I will see plenty of homeless patients and also mothers and fathers who have young children. If I come into contact with parents or guardians who could benefit from the Crisis Nursery, I will know that is a resource I could suggest to them. I plan to learn more about the Champaign area and the resources they have for the homeless population and will suggest certain resources that could benefit them if they are willing. I don't think I would mention the Dwelling Place in Danville since most of the homeless people I will come into contact with will be in the Champaign area. However, if they are from Danville, I will know I could mention them as a resource for hygiene supplies.

6. Observe organizational and community decision-making styles and reflect on how these are utilized to promote health and wellness in communities. (Outcome #6)

- a. Provide examples of learning experiences that met outcome #6.
- b. State the location of the service-learning hours.
- c. How will the experience assist with future nursing practice?

a) AMBUCS of Danville is an organization that promotes mobility and independence in individuals who are 21 and younger. The projects they put on for the participants, such as Richard Woodard Challenger League Baseball and Super Soccer, encourage an active lifestyle, thereby promoting the participants' health and wellness. This organization is all about improving/enhancing the lives of children and young adults with disabilities to make them feel included and just as important as anyone else in this world.

b) The location where my volunteering took place was the baseball fields at Winter Park in Danville, IL, during their Richard Woodard Challenger League Baseball.

c) As I begin my nursing career in the emergency department, I will be likely to encounter many people with disabilities. My goal is to learn about all kinds of different resources for these individuals and their families around the Champaign and Vermilion County area in order to possibly suggest certain resources to them and their families to promote their health and wellness.

Meeting the service learning outcomes will meet program outcomes for graduation.
Each student must meet all outcomes.

Meeting Program Outcomes

Service Learning outcome #1 meets program outcome # 5

Service Learning outcome #2 meets program outcome # 4 & 5

Service Learning outcome #3 meets program outcome # 4

Approved 4/29/2024

Service Learning outcome #4 meets program outcome # 1 & 7

Service Learning outcome #5 meets program outcome # 6

Service Learning outcome #6 meets program outcome # 1