

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.

Ragin Baker

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 did the experience will assist with future nursing practice?

After volunteering at the Eastern Illinois Foodbank, I reflected on what was being done and provided at this facility. You never really know what type of struggles an individual is going through. While volunteering at the Eastern Illinois Foodbank I helped box up individual 45lb boxes of meat, package potatoes, and apples as well. The Eastern Illinois Foodbank is a primary food supplier to food pantries, soup kitchens, and homeless shelters in the area. The lady who oversaw boxing the meat, she talked to us about the people that these boxes of meat go out to. The lady in charge told us to try and get a variety of different meat in the boxes. But she understood that it can be difficult considering there was more chicken than any other kind of meat options to box up. She told us that it is okay because she knows several families that this foodbank serves that would take more chicken than any other type of meat. I reflected on the operations and how this facility works to serve those in need. While being there you could really tell that these individuals care and want to help feed people who maybe can't afford any food or people who are struggling to try and keep food on the table for their family. I reflected on how I was able to participate and help package the foods that get sent out to those families and had empathy for these individuals because it is very expensive to buy groceries and you never know why those individuals maybe struggling to feed themselves or their families. It really impacted me to be able to help in some way, even if it was from behind the scenes.

As a leader you need to treat everybody with the same respect and kindness. I showed kindness and leadership by having empathy and showing that I care for these individuals. I believe that my volunteer at Cris ties into this outcome as well, because I did a lot of reflecting after that service hour. Most of those older adults were there because they were just wanting someone to talk too. They feel isolated most of the time. This experience will assist with my future nursing practice because I will be able to reflect on my experiences at the foodbank and know with pride that I can refer my patients to the Eastern Illinois Foodbank or their pantries that they serve, knowing my patient will be in good trusting and caring hands.

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 did the experience will assist with future nursing practice?

I donated bags of hygiene products to the Dwelling Place. The Dwelling Place is a safe housing for women and children who have suffered from domestic abuse. In the hygiene bags I gathered shampoo, conditioner, body wash, deodorant, toothbrush, toothpaste, and other hygiene products. To be able to help women and children who have experienced domestic abuse was impacting because even though it was just gathering bags of hygiene products, I felt like I upheld my civic duty and contributed positively to these women and children so that they can have good hygiene, which in turn contributes to better health and self-esteem. This will assist with future nursing practice because nursing is not only providing medical care for patients, but also providing emotional support and helping individuals with their self-image.

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 did the experience will assist with future nursing practice?

While volunteering at Cris Healthy Aging I developed an understanding of complex underlying issues impacting family, population, and community health needs because Cris is a non-profit organization that helps older adults stay safe and live healthy. At Cris Healthy Aging the office coordinator Dana Winn was wonderful she gave Vanessa and I a tour when we got there. Dana then broke down what they all do at Cris and what programs are offered at Cris. I felt that this conversation with Dana was informative and eye opening. I didn't realize what was all offered at Cris. I think that it is a great resource for the older adult community because they are a vulnerable group and having different resources such as adult protective services, home delivered meals, grandparents raising grandchildren program, classes, and games can help the older adult population stay safe and live healthier. When we arrived at Cris we got there around 10 am, so breakfast was already over and cleaned up. Until lunch time we helped file papers. Every client at Cris has their own file. We went through and created new folders for the newer clients and then filed them into the filing cabinet in alphabetical order. Dana also pointed out to us a huge stack of unfiled files as well and stated that they are behind on getting these files filed and we offered to help file them. Dana thanked us and told us that we don't understand how big

of a help this was. Once lunch time approached, we went to the common area and helped pass out lunches to the clients. While we were passing out lunches we chatted with the clients. We also went around and gathered all the dirty dishes once individuals were finished and helped wipe down tables. We then chatted more with the clients, and some of them were funny and you could tell they just wanted to have a conversation with someone. The lady who helped run the lunch told us that we were a big help because clean up takes them a couple of hours usually. I believe that this service learning meets the learning outcome number 3 because I got to see the underlying issues that impact the older adult community, such as homelessness, poverty, and a vulnerable population in general. This service leaning will assist with my future nursing practice, because I can refer older adults to this program. If I notice or an older adult client confronts me that they are struggling with preparing meals for themselves at home, struggling with raising their grandchildren, or just having feelings of being isolated, I can recommend/refer that client to Cris Healthy Aging.

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 did the experience will assist with future nursing practice?

While doing my service-learning hours, I volunteered at several different variety of settings. I volunteered at Carle and was able to stock all the nursing server closets on one floor. I was able to collaborate with the nurses and techs on that floor to get a better understanding of what works best for them and what supplies are used majority of the time, to be able to restock and organize the closets for their use. I also volunteered at the Eastern Illinois Foodbank. This foodbank really relies on volunteers, there is always individuals or groups who volunteer to help. I worked with older individuals and younger individuals around my age to package food products. We worked together very well I thought and got a routine down to package food up in a nicely manner. I then volunteered at Cris and worked alongside older individuals and individuals who were from the Schultz House in Danville. These individuals from the Schultz House come in every Tuesday and Thursday to cook and severe lunches at Cris. These individuals have a great routine down and know exactly what they are doing! I keep looking at them for guidance on what to help with next. This learning outcome will help me with my future nursing practice because I am able to work collaboratively and effectively with others in a variety of settings to provide great patient outcomes.

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 did the experience will assist with future nursing practice?

When spending time at Cris I noticed there were several older individuals who would ask for a to go meal for either their mother or father. I know that in many cultures it is custom to take care of your family and elders. So, seeing older individuals who might struggle to get around themselves still taking care of their family and elders, shows their cultural perspectives. I have a great respect for that because I was taught myself to always respect and take care of your elders growing up. Also, while at Cris every individual was super respectful to each other no matter what their background was. There was a group of different cultural and ethnic backgrounds playing games with each other when we first arrived and a different group after lunch. I have worked at Carle for a few years now and I have learned and gained a respect for others and their cultures. This will assist in my future nursing career because I believe that all cultures are beautiful and no matter what everybody deserves respect and the same care.

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 #5.
 - b. State the location of the service-learning hours.
 - c. How did the experience will assist with future nursing practice?

When at the Eastern Illinois Foodbank, I saw a lot of organizational and community decisions that contribute to the wellness of the community. The foodbank has rules and routine process that they follow. It was a learning experience when learning how the foodbank packages their products, especially the meats. This is because you don't want to package/give someone spoiled or opened packages of meat. So, the lady who oversaw this area was very organized and showed us how to properly inspect the packages of meat and decide if they needed to go into the waste bin, the bin that is taken to some exotic animal farm, or the boxes that is packaged for the families and food pantries. The spoiled meat or the precooked meat would go into the waste bin and the meat that had opened packages would go into the exotic animal farm bin. So, this involved decision making styles because some of the meats were precooked, looked good but weren't, and certain meats we were told to not put in many boxes such as liver and onions and this meant we had to decide which bins to distribute the meat into. This clearly promotes health and wellness because we were going through each meat product individual that came in huge bins and I would say we sorted through about 8 to 10 bins. This promotes wellness because it is not only distributing food to people in need but also since we are sorting through it and throwing away spoiled/opened products it helps prevent illness. This experience will assist with future nursing practice because not only showed how to be organized and make educated decisions it also reflected on health and wellness that individuals might not think about.

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

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