

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 did the experience will assist with future nursing practice?

a) My time spent at Cris gave me an opportunity to reflect on how I integrate professional values and leadership principles into my academic career at Lakeview. While interacting with the residents, I had to continuously assess how I balance empathy with professionalism. For example, some of the residents wanted to laugh and joke with me, while others wanted someone they can talk to about things going on their life. I had to adapt my communication and care styles from person to person, while maintaining the ethics of respect and compassion.

b) Cris Aging Center in Danville

c) The experience at Cris shaped my development of leadership by having the capability to create a supportive and inclusive environment. When I become a nurse, this is something that will be a helpful tool when advocating for clients and empowering them. I want my clients to feel like they're safe with me and are being heard in regard to their care.

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

a) I assembled care packages of several hygiene products (shampoo, conditioner, body wash, socks, feminine products, etc.) for a women's homeless shelter. This experience recognizes how small acts of social and civic responsibility can make a difference. It is important to acknowledge the service of compassion and humanity and how they contribute to positive change.

b) Dwelling Place in Danville

c) This experience will impact the nursing practice by showing the ongoing efforts required to address social inequalities. Volunteer work and advocacy are crucial elements in making changes in our society.

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?

a) Prior to volunteering & having a clinical at Cris, I was unaware of the many services provided to the older population. While serving the residents lunch and speaking to the staff, I saw firsthand how much the community rely on those services for assistance. Cris offers meals, respite care, devices to help with isolated older adults, fitness classes etc. Cris provides significant support to older adults to help them maintain independence and overall well-being.

b) Cris Aging Center in Danville

c) My time there opened my eyes to the complexities of tackling community health needs, especially for older adults. The experience made me more aware of how social connections drastically impacts those later in life. In the nursing practice, this brings more awareness to the **broader** societal challenges and how we can better support them.

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?

a) While volunteering at a foodbank, I had the experience of working in a fast-paced, team-oriented setting. There was about 15 of us from different backgrounds and ages. The goal was to package 40 pounds worth of meat into boxes for families in need. We had to work quickly while also ensuring each box had a variety of meats. In this setting, I demonstrated how I could collaborate with different generations under pressure. At the end of it, the older volunteers were so proud of us because we helped them pack 6 pallets worth of meat (within 2 hours), more than they have done in a while.

b) Eastern Illinois Foodbank

c) This opportunity will assist in the future because it showed me that regardless of age or experience, I can accomplish common goals with a diverse group. We were able to communicate effectively and provide mutual support to accomplish a good deed for the community. Quickly we were able to assess physical demands and capabilities and worked seamlessly. For example, one gentleman's job was solely to lift the finished boxes onto the pallets and assemble new boxes while Regin and I would do most of the reaching into the bottom of the big boxes so the older volunteers wouldn't have to.

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?

a) The U of C campus is an inclusive environment with a wide range of diverse cultures and backgrounds. I have lived in big cities my entire life and been immersed in cultural diversity, so it has always been comfortable for me to navigate with others that differ from me. I was able to implement that invaluable ability along with my new nursing skills to provide competent care in a clinical setting.

b) U of C Student Wellness

c) An example of demonstrating respect is in some cultures, direct eye contact is considered disrespectful. Instead of taking that personally, I recognized that was a cultural difference and made a conscious effort to respect that when interacting with the students. That experience highlighted that I can be thoughtful and culturally aware. Those are crucial traits to have when providing optimal care to diverse backgrounds. Although I have a lot of personal experience interacting with other cultures, I also know that cultural understanding is lifelong learning. As a nurse, I will be continually expanding my knowledge on how to provide the most respectful 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?

a) When volunteering at Cris, I had the pleasure of meeting Dana the accounts manager. She explained the challenges of resource allocation to meet the needs of the residents. Her decision making must be strategically planned while still prioritizing urgent needs and difficult trade-offs. Her job reflects community decision making styles and promoting wellness by providing services to a vulnerable population.

b) Cris Aging Center (Danville)

c) With future nursing practice this experience exemplified the importance of communication, organization, and collaboration to provide wellness efforts for vulnerable clients. (It was almost like triaging in the sense you're having to decide what is priority, what can wait, while having sometimes limited resources). The experience also showed how an organization (besides a hospital or clinic) can positively have an impact on the community's health.

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