

Cassie Sanders

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.
 - a. At the Marshall food pantry, I was able to integrate professional values and leadership principles by taking action and sorting through donations and determining what would be fit for the public to purchase.
 - b) State the location of the service-learning hours.
 - a. Marshall food pantry and thrift store.
 - c) How did the experience will assist with future nursing practice?
 - a. This experience will assist with future nursing practice because I will be more aware of the number of community members who struggle with being able to get good nutritious foods.

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.
 - a. An ethic of social and civic responsibility in my professional values and practice was shown when I donated items to the nursing home for Buddy, the dog, as well as items for the residents to have as Christmas presents. There were residents who didn't have family that came to visit, and I felt the need to make sure they were not left out and depressed because they thought no one was thinking about them during the holidays.
 - b) State the location of the service-learning hours.
 - a. Mattoon Healthcare and Rehabilitation Center
 - c) How did the experience assist with future nursing practice?

- a. This experience meant a lot to me, it taught me the need for care and compassion on a different level than just providing medical care. I felt it was my social and civic responsibility to make sure every resident there felt like they mattered.
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.
 - a. A learning experience that met outcome #3 is the time I spent volunteering to help Shop-with-A-Cop. There were over 200 families in need, and struggling so badly they couldn't afford to buy their children Christmas presents. This shows the great amount of financial instability in our community. After seeing these large numbers, I can't help but to wonder how many of those families struggle every day to get proper food, basic sanitary items, medications, and healthcare.
 - b) State the location of the service-learning hours.
 - a. Paris, Il Shop-With-A-Cop
 - c) How did the experience will assist with future nursing practice?
 - a. This experience taught me that you never know who is really struggling. So many people hide it, but other than Christmas presents, what else can they not afford for our children. This will assist my future nursing practice because I will never assume a family has everything they need. I will spend more time volunteering in my community to help those who are in need.
4. Develop their ability to work collaboratively in a variety of settings. (Outcome #4)
 - a) Provide examples of learning experiences that met outcome #4.
 - i. Working collaboratively in a variety of setting was achieved while volunteering at the Marshall food pantry and thrift store. We worked as a team to stock shelves and create custom food baskets for backpackers and homeless people. We also worked as a team running the cash register, folding, and bagging items customers purchased. Then we went into the donation center and worked together to sort through and clean items that were to be donated to people or sold in the thrift store to raise money for the food pantry.
 - b) State the location of the service-learning hours.

- i. Marshall food pantry and thrift store.
 - c) How did the experience will assist with future nursing practice?
 - i. This experience taught me the importance of working together. Things are able to get done more efficiently and we were able to bounce ideas off of each other to come up with the best way to get things done in the most time efficient way.
- 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.
 - i. I learned about diverse cultural perspectives and developed a respect for cultural differences while helping with Shop-With-A-Cop. There were cultures that would not allow their children to purchase certain styles of cloths because it was against their beliefs and values. It ranged from what was printed on the cloths to the length and style of the cloths.
 - b. State the location of the service-learning hours.
 - i. Paris, Il Shop-With-A-Cop
 - c. How did the experience will assist with future nursing practice?
 - i. This experience taught me that even in our small-town area there are people who follow the beliefs and values of their culture and do not deviate to the norm of our society. It is an excellent thing to have experienced and learned first-hand, knowing that they will possibly someday seek treatment where I will be working.
- 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.
 - i. I observed organizational and community decision making styles while I helped deliver holiday meals to those in need. Our community was only able to supply a certain number of meals, and they had to apply for the service and be selected/approved due to the overwhelming amount of people who needed it. Then when it was delivery day, we had to decide the most efficient way to deliver meal boxes all over the community.

- b. State the location of the service-learning hours.
 - i. Paris community nurse association

- c. How did the experience will assist with future nursing practice?
 - i. This experience will assist me in future nursing practice because I was able to see that you can't always help everyone. We can only do as much as we are able to in every way, be it financial, donations, or even giving what we can of ourselves for service. I will make this an annual tradition of delivering these meals because the amount of gratitude from most of the recipients was immeasurable. This benefits the community and promotes a feeling of unity. It also taught me that sometimes hard decisions have to be made.

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