

### **What was the most significant thing that happened to me as learner this week?**

This was a tough week for me. Obviously, it did not start out great with my car not starting on Monday morning. I could not believe my luck. (Plus side is that I get to car shop!) I was panicking that morning trying to figure out what to do- I also managed to lock myself out of the house while this was going on. During this time, all I could think about was getting to school, all the work I have to get done, and how I am overwhelmed with it all. That day I was forced to sit down (outside of course, because I couldn't get into my house) and take a minuet to breath. I realized I can only do so much, and I push and push myself to do well in school but sometimes there are things out of my control. I need to remember to take a breather occasionally!

### **What do I feel most dissatisfied with regarding my learning activities this week?**

I'm sure as a class we have expressed this enough, but I feel defeated in Community Health. I studied extremely hard for the first exam and while I did pass it, I still cannot really tell you what we are learning. A little bit of direction would go a long, long way. I think it is a class that could have some really great discussions and we could learn a lot. I'm disappointed because it seems like an interesting area of nursing to discuss, yet I feel like we are not learning what it is about. I continue to be optimistic that it will get better!

### **What have I learned this week about my emotional responses to learning?**

My first day of clinical this semester was amazing. I ended up in the OR and watched the surgeon do a couple of surgeries. I left SO excited that day. I couldn't wait to see what else I would come across in future clinicals. As it turned out, I got lucky that day. There has not been a day as exciting as that one and there may not be the rest of my clinicals. While it bums me out, I remember that what I am seeing on the floor is real nursing. As a student, having a low census is a bummer but that is real life. As a nurse, I am not always going to get those exciting days. I always remember that I will have days like this when I am a nurse and make myself think about how I will handle them. I can promise you I will not be one of the nurses sitting down on her phone when its slow!