

## Taniya Varghese Journal #1

### 1. What have I Learned this week about myself as a learner?

Personally, I feel like I am constantly learning about myself every time I step into a classroom setting. Every class that I encounter has a different atmosphere and teaching style that requires a student to adapt to the way of the classroom. The first week of class will always feel like a whirlwind of emotions and expectations. Therefore, I learned that this week proper planning will help me successfully tackle all classes I have scheduled for this semester. Having a planner and planning out each class, each assignment and exam will help with time management and reduce stress and anxiety. It is easy to get stressed and disorganized about all the work and studying that needs to be finished each week. However, I will try my best to organize and reduce stress this semester.

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

The first week of classes involves pulling information from previous semesters. This seemed to be a little frustrating since I was not as prepared as I could have been. For example, in Med Surg our first topic that we started to go over is dysrhythmias which was a review from the previous semester. If I had gone over the notes from med surg 2 I would have not been as lost in class. However, this enlightened me to realize that every class is vital to the progression of the next. To prevent feeling frustrated in class, I know that I can check the syllabus and go over the topics that will be discussed in class.

### 3. What learning tasks gave me the greatest difficulties this week?

My greatest difficulty this week was comprehending information that was taught in lab this week. This probably because it was an overview of multiple topics in a short amount of time. Although lab time was a review, the information was given quickly and was not easy to retain. I know that I can do better next time by review ATI videos and reading about the procedures. All in all, lab helped me review the skill sets that were taught last semester.

## A cultural aspect of the week

### - Something in healthcare that is impacted by culture

Smoking cigarettes have been a popular fad among many age groups. Since traditional smoking is inaccessible to teens, they have found an outlet in e-cigarettes or in other words vaporizers or vapes. Most people who smoke using vaporizers do not understand that they are still ingesting nicotine according the amount of times used. In a recent study done by Stanford School of Medicine , vaping lead to an increase in the risk of heart disease “When inhaled, the e-liquid affects a certain kind of cells, called endothelial cells, that line the inside of blood vessels” (Capritto, 2019). The common use of vaping was introduced to decrease the amount of health concerns however, it is shown to also induce asthma, decrease lung function and cause cancer in the respiratory system. Overall, as nurses we can educate our patients who are either chronic vape users or moderate users and the health factors or the danger of vaping.

## References

Capritto, Amanda. (2019). Retrieved from <https://www.cnet.com/news/is-juul-bad-for-you-doctors-weigh-in/>