

3 to 4 of the following questions:

What have I learned this week about my emotional responses to learning? My emotional responses to learning are dependent on the subject. If I am frustrated about the way the information was taught I don't have as high of an attitude towards it but, if I understand the way the information was taught and feel as though I was readily prepared such as for an exam I am more eager to want to learn, pay attention, and have a more positive outlook on the situation. I get to be very frustrated when I feel like I am not taught anything, and have to teach it all to myself. I feel as though I have a more positive outlook with learning because I am eager to learn more material and apply it to my nursing profession. I've been feeling very stressed lately with the abundant amount of information that is being taken in as well as trying to keep up with the course work while trying to find a balance of studying is challenging.

What were the highest emotional moments in my learning activities this week? My highest emotional moments in learning this week was your class, I understood the content, and the way it was lectured was easy to understand as well as it was very interactive which is great for me because it breaks down the material I read and put into ways in which I can remember it as well as applying it to my life and relating it to an everyday occurrence.

What were the lowest emotional moments in my learning activities this week? My lowest emotional moments in learning this week was trying to learn how to teach myself content I have never learned about nor have any further knowledge upon. My learning style does not suit a do it yourself type of class such as reading chapters in the book, ATI, and listening to someone just reading off a power point with no interactions. I like interactions and discussion of content on broken down material that is based upon certain situations or interest and ways in which are easily able to be understood and put into memory. It doesn't make sense to have to go to class to listen to someone read directly off the PowerPoint in a monotone demeanor.

Something that happened that had cultural significance: The bachelor is a phenomenon directed mainly towards the younger generation that targets one person to decide who he wants to marry by the end of the show. This season the bachelor is a Cuban American that accommodated into more of an American culture while still having his Cuban heritage. He took the girls to Chile this week where I learned about one of their traditions in Chile is Cueca which is where the individual riding the horse trains the horse how to dance with their feet and performs certain movements while wearing traditional clothing attire.

Something in the news or in society that has cultural significance: A news article released a man that rebuked the education system with a system called the Laugh Out Loud awards in which he promotes a new tradition of allowing children to express humor and laughter. The educational system has changed much over the years where as the culture was for children to be polite, mannered, and never to laugh because this was a disruption or looked upon to be a disruption that was unacceptable. Michael Rosen believes that adding humor into a child's day can allow the children a break from the constant drilling of tests, homework, and strictly knowledge based lectures which is said to be more oppressed. This system provides relief to the children, reward creativity, and allow them to feel happy and express their laughter while reading new books. This allows children to be the ones to pick their favorite book and direct attention of the type of books they are interested in and want to read.

Website if you're curious: <https://www.theguardian.com/books/2020/feb/06/michael-rosen-condemns-uk-education-system-fear-of-laughter-awards-laugh-out-loud>

Something in healthcare that is impacted by culture: Something impacting healthcare that I want to discuss this week is based upon eating style. Nurses now have to be culturally competent in order to serve the best care to their client's. A huge subject to discuss is dietary eating habits from different cultures. Nurses have to reflect on what types of foods certain people can eat, how to prepare it, and what to avoid such as Spanish speaking individuals usually prefer their meals to be warm instead of cold, Mormons are not able to eat pork as well as Islam is not able to eat pork. Certain other cultures are not able to eat seafood, eat foods from predators, drink alcohol, and knowing a certain way the patient's culture likes the food to be prepared.

A review of the week's Sigma Nurse Manager Certification section(s): This week's sessions were about patient satisfaction and patient safety in the healthcare workplace. I

learned that recognizing individual and team success in a timely manner increases staff engagement and pride in the patient experience process. I also learned that areas that positively impact patient experience include decreasing turnover, empowering nurses to make decisions are extremely important with keeping the staff happy and great communication is key with working with staff. The theory that looks at interrelationship between parts, behaviors, systems, and environment is complexity science which I did not know. I am eager to learn more upon what types of environments are consistent with leadership that influences more positivity within the workforce such as a complex work environment can be positive for some like emergency department health care workers and negative for others.