

a. 3 to 4 of the following questions:

**What were the lowest emotional moments in my learning activities this week?**

This week I did a pretty mediocre job on my leadership and community exams. I am having a difficult time with the material, and I am not exactly sure why. I tend to do better on more straight-forward material, and I think I am having a hard time with these two classes because of how abstract and broad the material is. In my studies, I am having a hard time wrapping my head around application for this material and how test questions could be written. It is very frustrating knowing how much time I am putting into learning this material is not being reflected in my grade.

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

This week I learned that I am quick on my feet. I had an interview this week and I did my best to prepare for the questions they would ask me. I ended up answering the questions I didn't prepare for better than the ones I did prepare for. This was very reassuring for me as it helped me realize that I do have enough critical thinking abilities to become a nurse.

**What do I feel proudest about regarding my learning activities this week?**

I was very proud of how I performed on my first Med-Surg exam this week. I did very well, and I understood the material very well. I found that I am great at applying my knowledge when it comes to straight-forward material. I am able to think of possible questions that might show up on the exam while I am studying, which I believe to be very useful.

b. A cultural aspect of the week

### **Something that happened that had cultural significance**

This week during clinical I was reflecting on how I interact differently with people who are of lower income versus people who are of higher income. For example, I feel very uncomfortable trying to make conversation with physicians or other individuals who tend to be on the higher end of socioeconomic status. It feels very forced and unnatural. While I am talking to patients of lower to middle socioeconomic status, I feel much more comfortable and I feel like I can relate to them more. I think this is an interesting dynamic between the patient-nurse-physician social aspect of healthcare.

#### **c. A review of the week's Sigma Nurse Manager Certification section(s)**

The first module in STT covered nursing liability. Liability can be understood as the combination of accountability and responsibility. Nurses will have to consider how they can be held liable in any aspects of their practice. There is direct liability, supervisor liability, and corporate liability. The module also covers the how liability is defined legally, and the various laws associated with liability. It goes into details covering malpractice and negligence and how it relates to the nursing practice. The module ends by giving 10 high risk incidents that nurses should consider avoiding. The second module covers ethical principles for nurse managers. It starts by covering the history of nursing ethics and major ethical considerations today in nursing. It discusses autonomy, beneficence, nonmaleficence, veracity, distributive justice, and confidentiality. The second and third lesson explores the ICN codes of ethics, explains what "a living document" is, and gives case studies for ethical dilemmas.