

The Art and Science of Reflective Learning

Lesley McCannell and June Kaminski

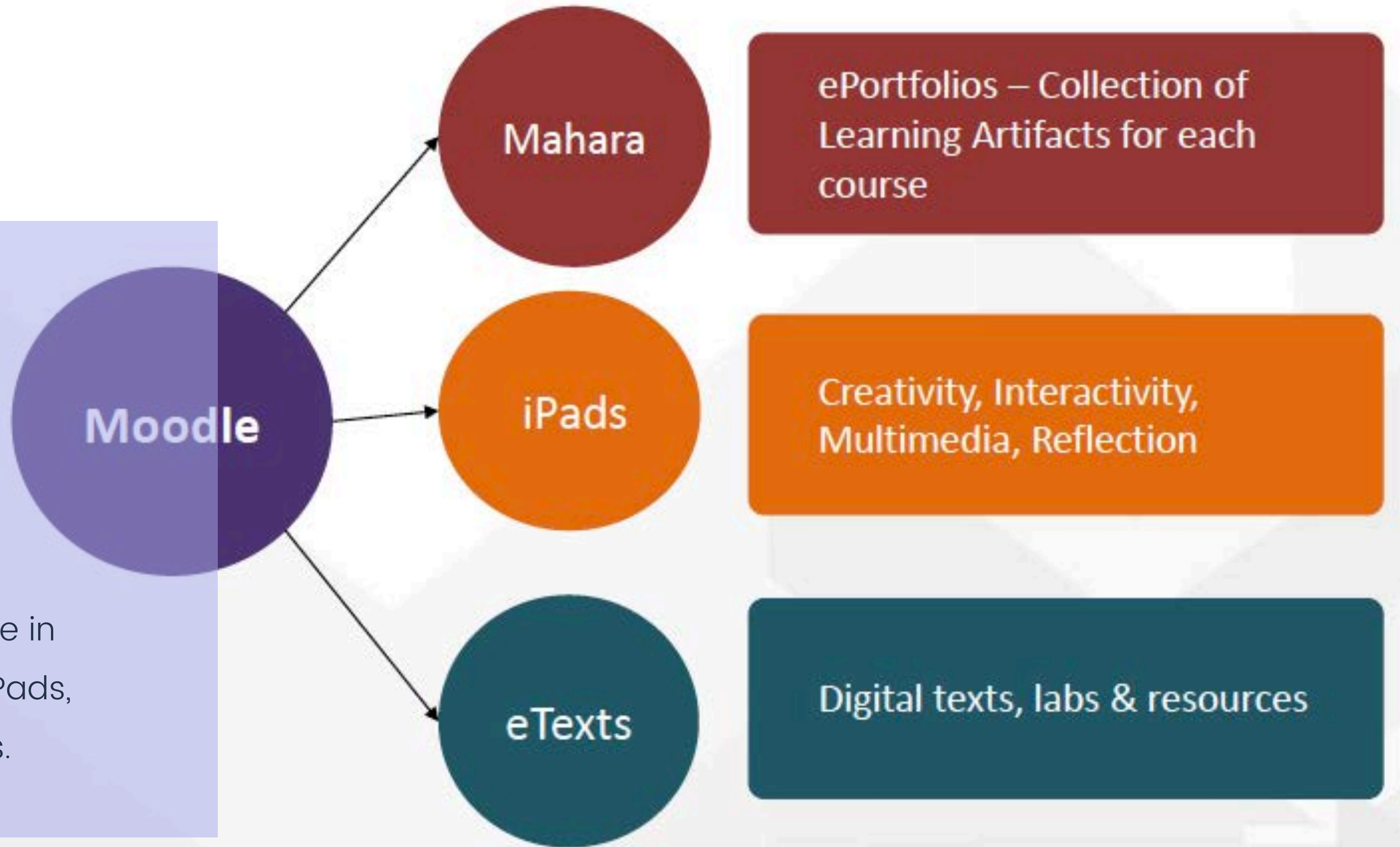
Teaching & Learning Symposium

Kwantlen Polytechnic University

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Technological Landscape

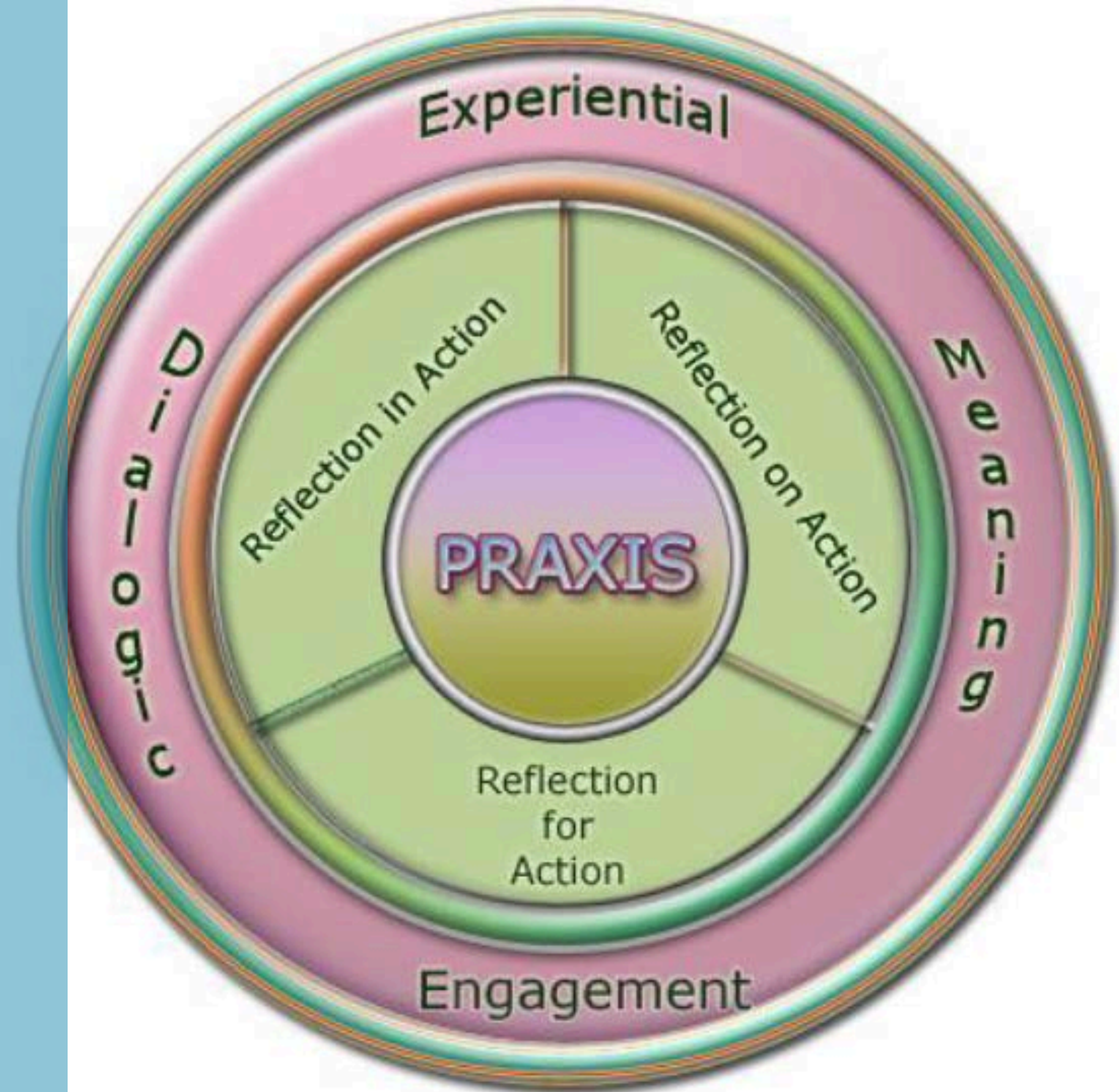
Reflection is a strong part of the BSN-AE program. All theory courses are done online in Moodle, with Mahara, iPads, and other technologies.



Reflective Praxis

Praxis is a key component of all seven practice courses in the program, where students practice with clients or in labs to master nursing skills, then engage in:

reflection-on-action,
reflection-in-action, and
reflection-for-action with their fellow classmates and faculty. This reflection is also applied in theory courses.



Reflection on Action



Students work in pairs and use their iPads to record their SIMs lab performance for reflective review. Each partner records the other's performance on their own iPad, so they can go home and review their actions. This promotes confidence and provides direction for skill improvement

Reflecting in Action

Experiencing

- Engagement in 'Real life' learning experience

Reflecting

- Internalization of the Experience

Meaning Making

- Analysis of the Experience

Acting

- Application of Experience to other Real Life Situations

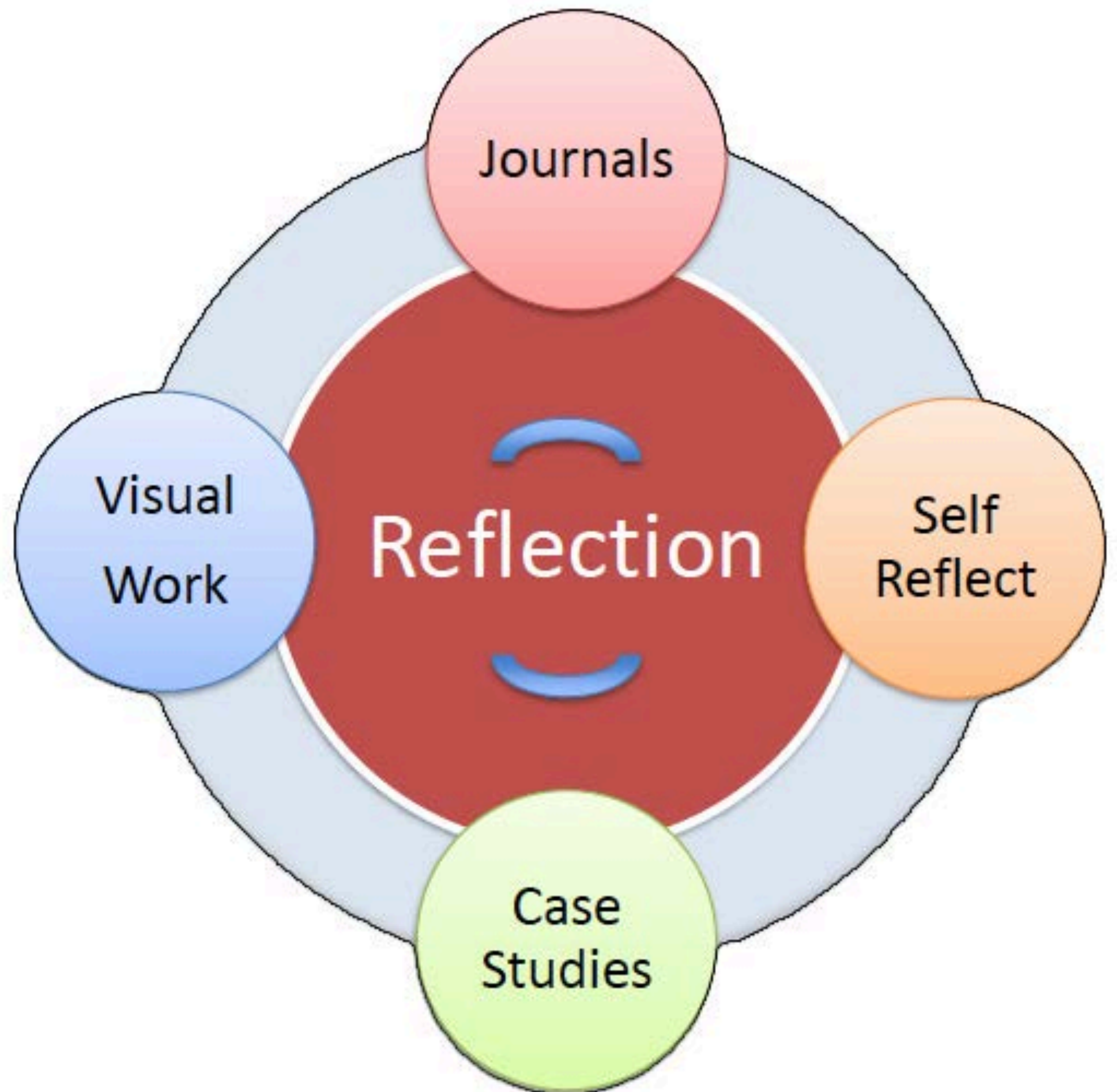
By reflecting on their experiences, students make meaning of what they have learned and take action to apply their learning to their nursing care of clients.



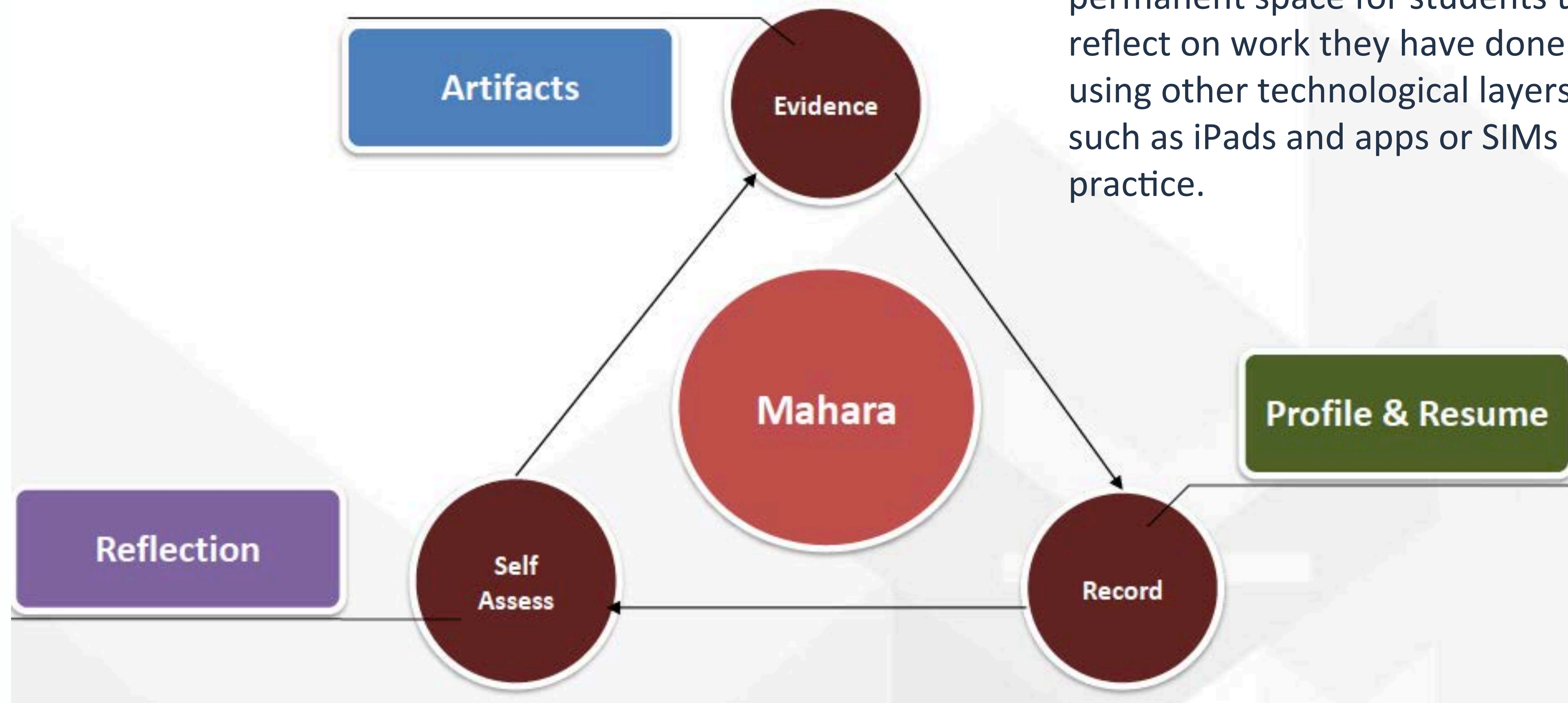
Reflection for Action

Reflection is a big part of all work done in the program, expressed through a variety of mediums:

- Reflective Visual work
- Reflective Journals
- Self-Reflections
- Case Study Reflection
- Interactive Discussions



Reflective Learning Space



Mahara provides an accessible and permanent space for students to reflect on work they have done using other technological layers, such as iPads and apps or SIMs lab practice.

Reflective Learning Tool

Mahara provides the tools to support reflective and personalized learning for students or expression for practicing professionals through tools to showcase one's resume, certificates, and personal - professional profile.



Reflective Learning



Personalized Learning



Lifelong Learning

Reflecting for Action

Consider the following quote from the textbook. Using one of your creative iPad Apps, create a visual illustration of these characteristics. Save your work on the iPad as an image file, and upload it into Moodle and your Mahara ePortfolio page..

Qualitative researchers emphasize six significant characteristics in their research:

- *A belief in multiple realities*
- *A commitment to identifying an approach to understanding that supports the phenomenon studied*
- *A commitment to the participant's viewpoint*
- *The conduct of inquiry in a way that limits disruption of the natural context of the phenomena of interest*
- *Acknowledged participation of the researcher in the research process*
- *The reporting of the data in a literary style rich with participant commentaries.*

The idea that multiple realities exist and create meaning for the individuals studied is a fundamental belief of qualitative researchers"

(Streubert- Speziale & Carpenter, 2011, p. 20).

Multiple Realities



IDENTIFY:
Approach to
Understanding



Participant
Viewpoint

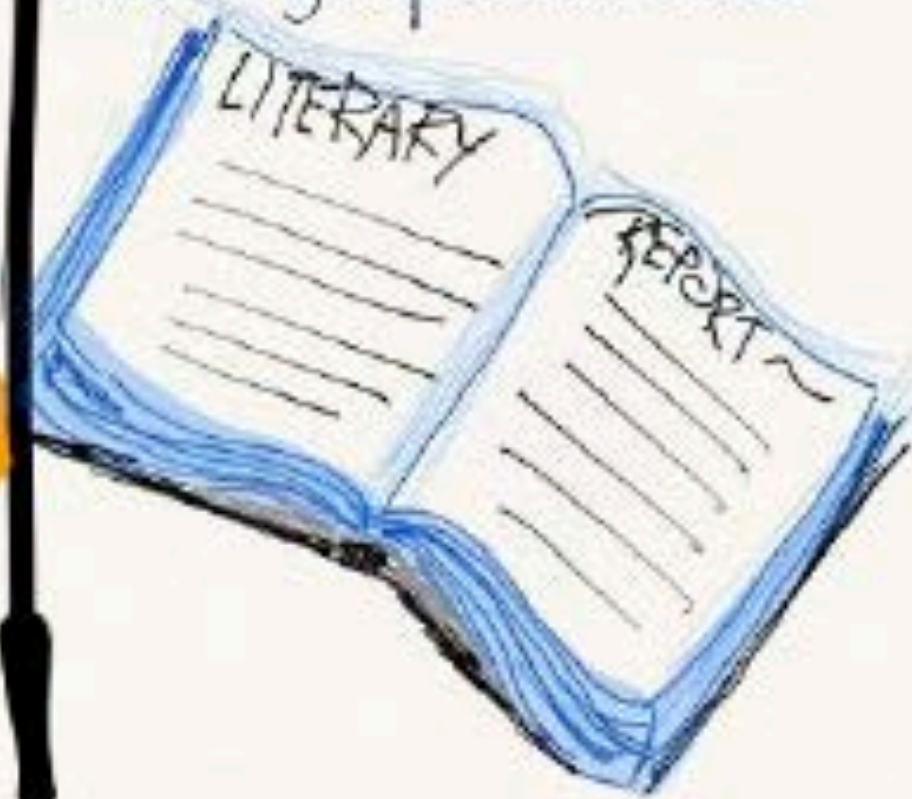


Limited Disruption

Researcher:
Participation



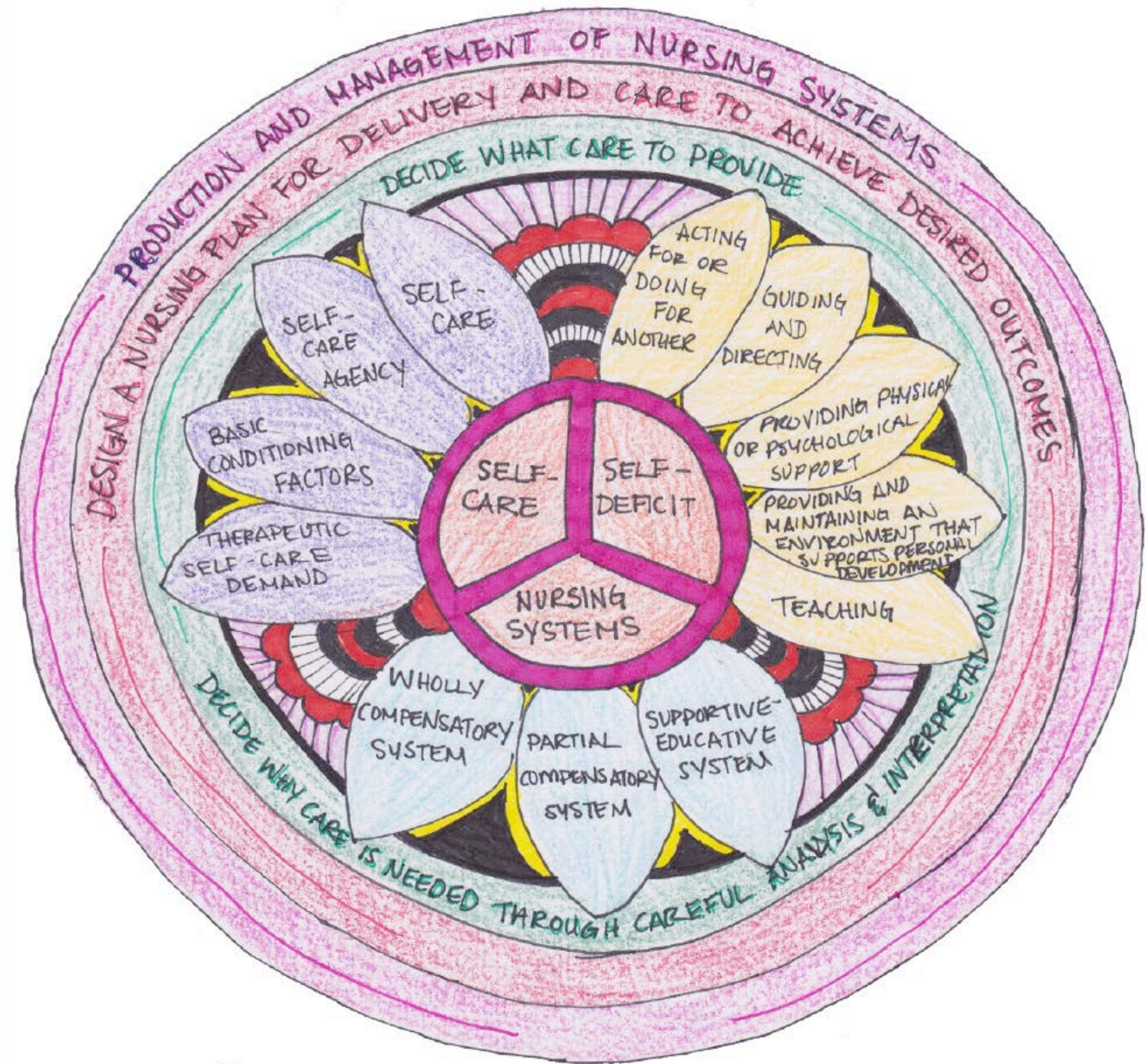
Literary report of Data



By Beejay Digno

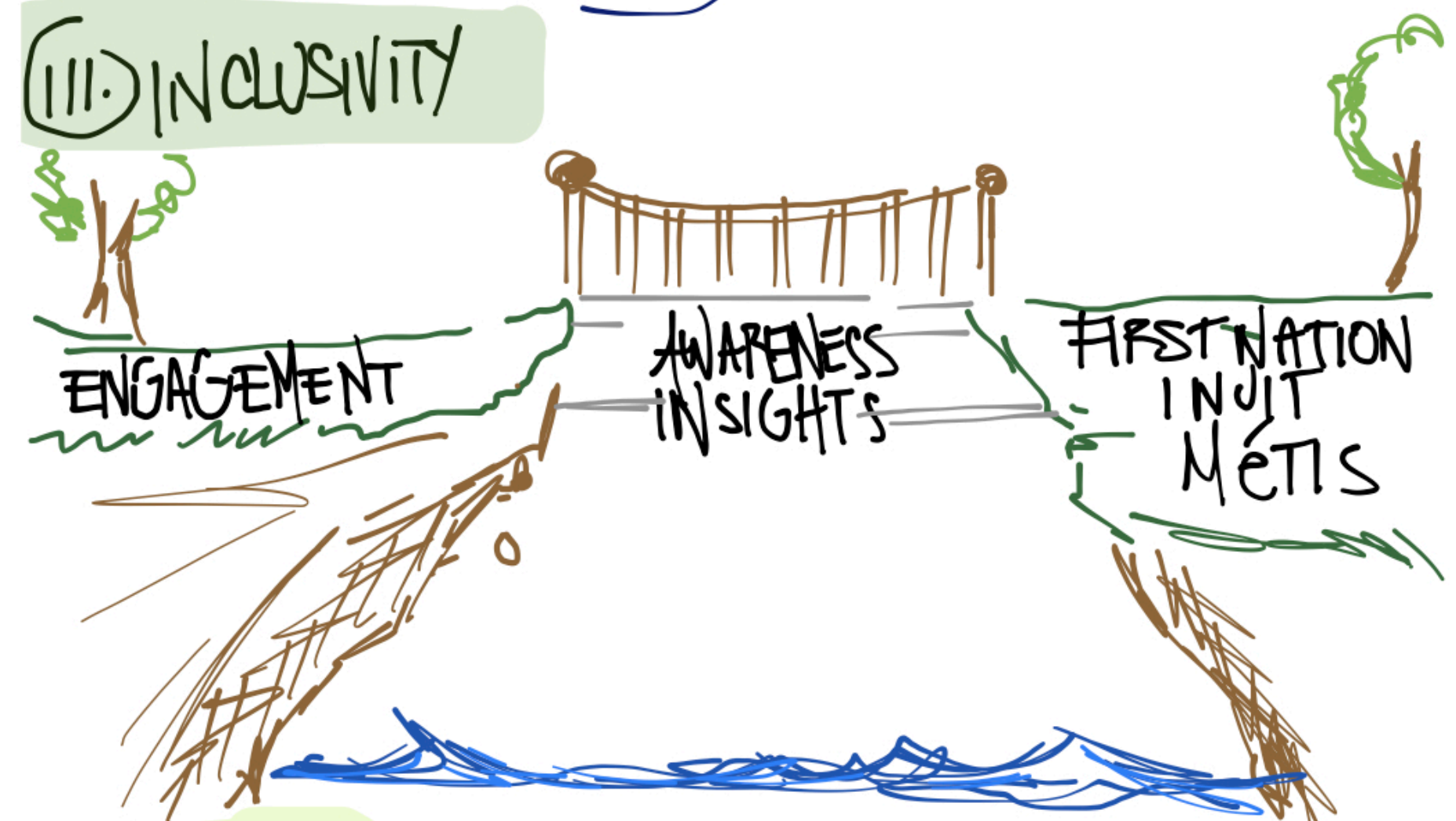
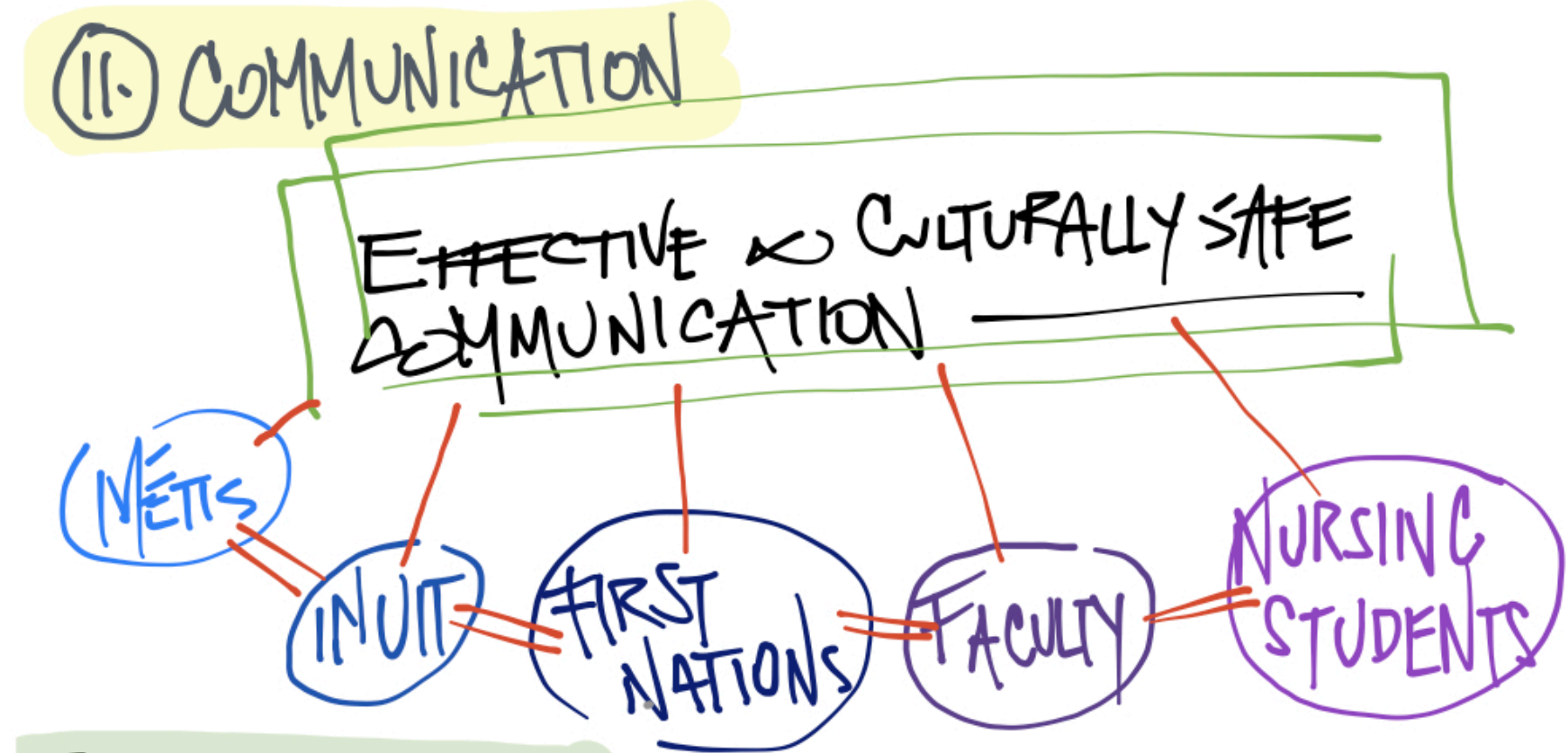
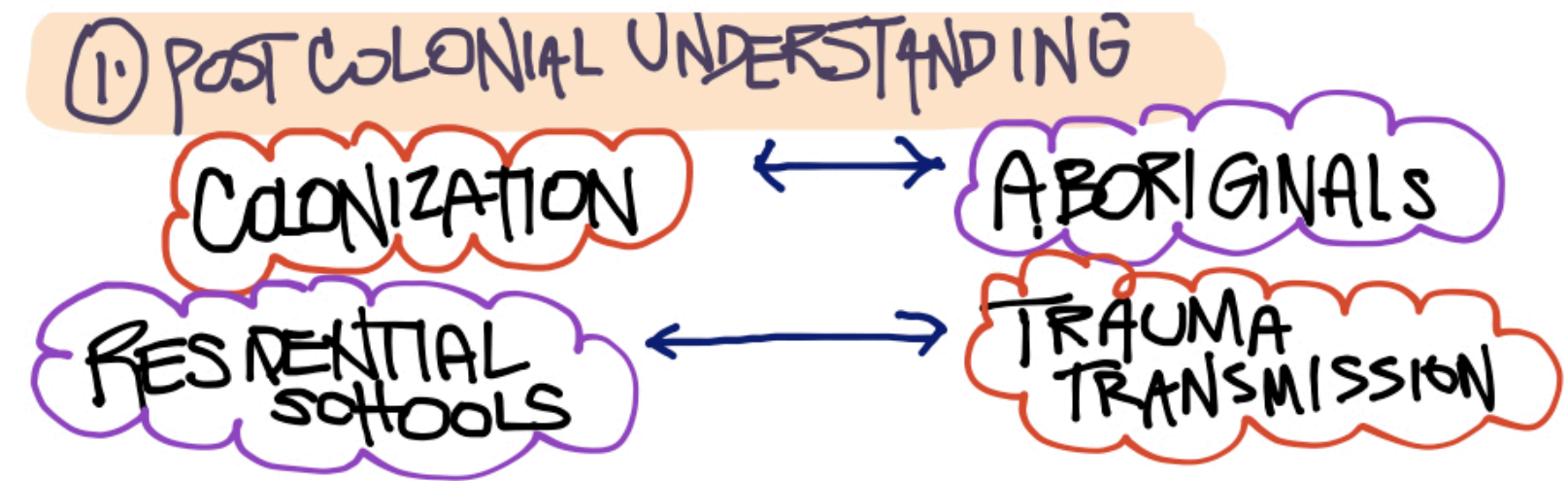
Reflecting on Theories

Envision and then create a mandala design of either Roy's or Orem's theory. Use the 10 questions listed at the end of Chapter 10 of your textbook as a guide. After completing the mandala, share your creation in Moodle and your Mahara course page.



OREM'S SELF CARE MODEL

Use a creative iPad app of your choice to reflectively create a model of how to support healing and health education for residential school survivors and their families. Include the barriers that exist, and potential strategies that nurses can use to promote safe and effective client education.



Reflection through Prose

Reflect on the Seven Grandfather Teachings then use your Pages app to write a free verse that incorporates all seven teachings into a guide for nurses to relationally engage with clients. Upload your work to your Mahara page.

Seven Grandfathers Teachings

The Creator gave seven Grandfathers, who were very powerful spirits, the responsibility to watch over the people. The Grandfathers saw that people were living a hard life. They sent their helper to spend time amongst the people and find a person who could be taught how to live in harmony with Creation. Their helper went to the four directions to find a person worthy enough to bring to the Grandfathers.

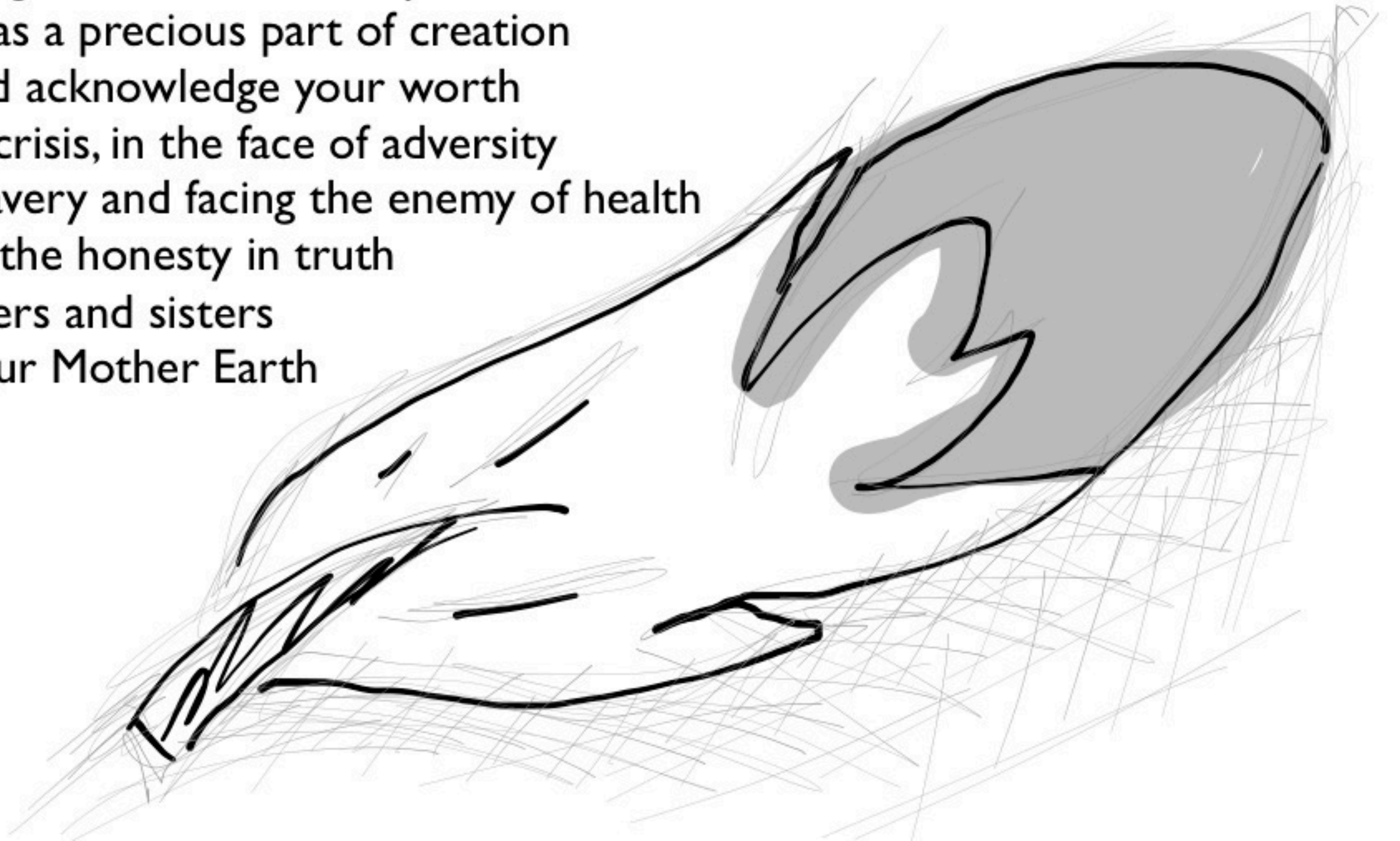
While the boy was travelling with Otter they were visited seven times by spirits who told them about the gifts. Here is what they said:

*To cherish knowledge is to know **Wisdom**;
To know **Love** is to know peace;
To honour all of Creation is to have **Respect**;
Bravery is to face the foe with integrity;
Honesty in facing a situation is to be brave;
Humility is to know yourself as a sacred part of Creation;
Truth is to know all of these things.*

Otter returned to his friend, who, because of all the time spent in the spirit world, was now an old man. The Old Man gathered all the people around and told them of his journey to the Seven Grandfather's lodge. He explained how to use the gifts. He explained that the opposite of any of the gifts would lead to ruin. He gave them the understanding of opposites. It was now up to the people to follow the path laid out before them. The Old Man gave them all they needed for the development of the spiritual side of life.

(Source: Edward Benton-Banai, 1988, Mishomis Book: Voice of the Ojibway)

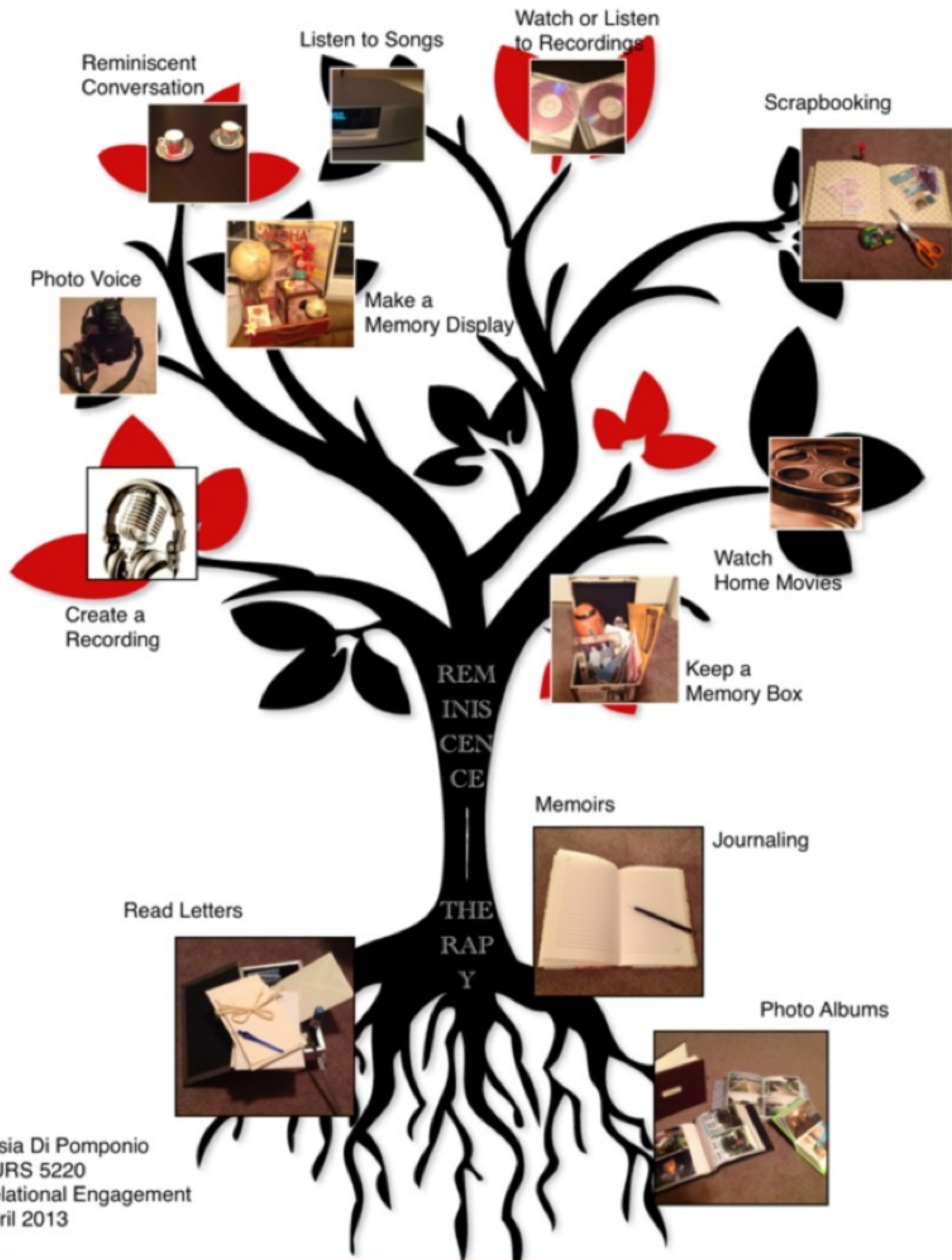
To know the knowledge and truth
And appreciate the wisdom
The nurse of light knows love and peace
To know you as a precious part of creation
To respect and acknowledge your worth
In the face of crisis, in the face of adversity
To see the bravery and facing the enemy of health
And embrace the honesty in truth
We are brothers and sisters
To embrace our Mother Earth





Reflecting on Life Stories

No matter where an older adult lives, whether in their own home or in a care facility, their life story is important to them and to their families. One method of sharing their story is to record them, perhaps in a diary or photo album, or even a family tree type of collection. The family tree is not only beneficial for the older adult but can produce a legacy for the younger generations of the family. Nurses should encourage families to spend time recording their family's history with their children and grandchildren as a communication exercise and to build closer ties. Create a set of guidelines with visuals to illustrate a way that nurses can help families to engage in this kind of activity.



Alisia Di Pomponio
 NURS 5220
 Relational Engagement
 April 2013



About us

Reflection on Empowerment

After completing the readings and watching all of the assigned videos, reflect and create a tip list for new parents using the creative or desktop publishing app/software of your choice.

Focus this tip list on mental, communicative, and emotional health rather than on meeting the physical needs of the child.

Word the tips in an empowering and insightful way, so that each tip serves as a motivational message that encourages deep attunement with the baby and the rest of the family.



Take a nap when your child does to avoid sleep deprivation



Ask for help when needed



Take care of your health with a proper diet and exercise to stay active



Take quality time away from your child by maintaining a social life



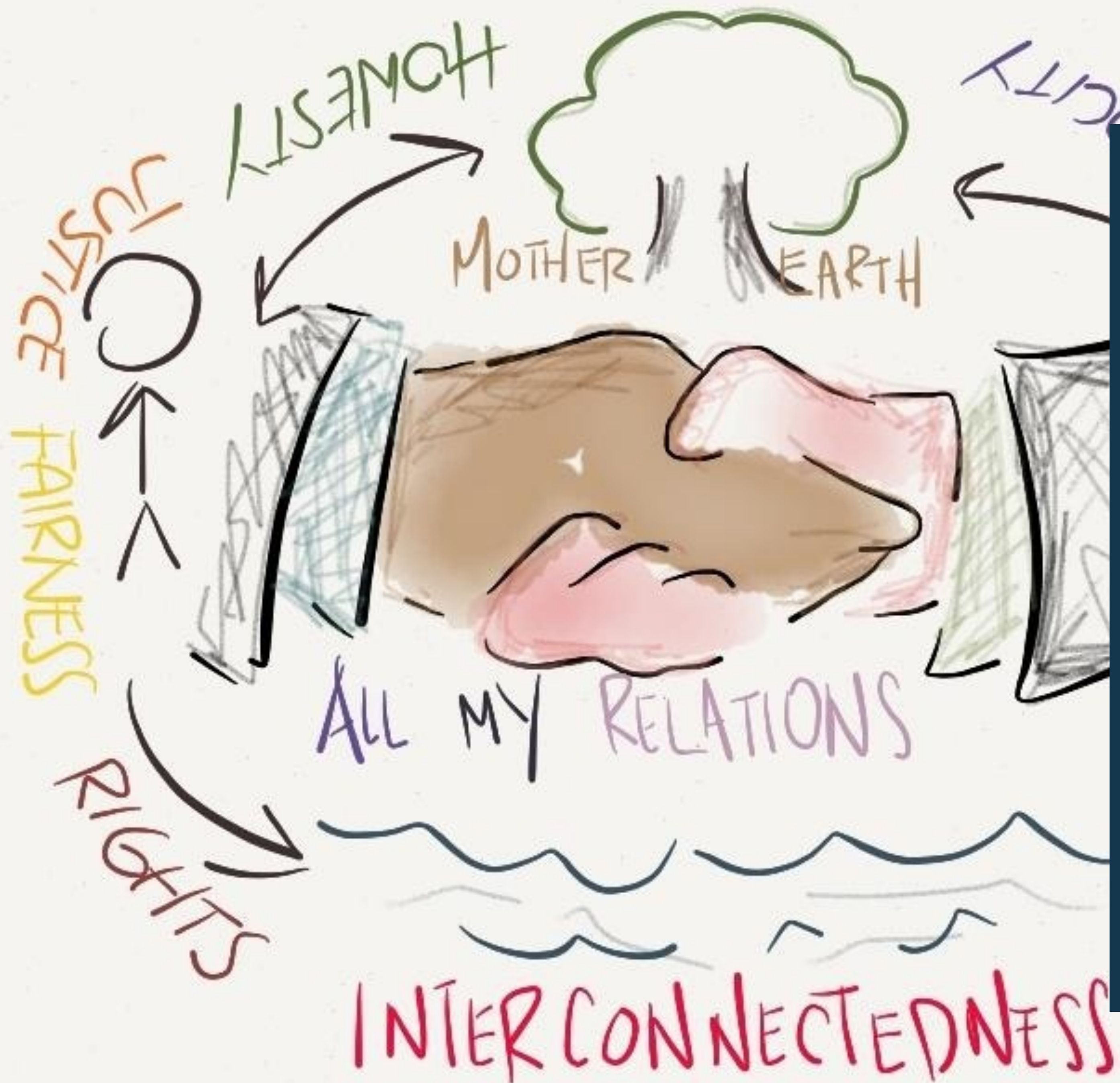
Spend time with your significant other



Express your feelings and needs with others.



**NEW
PARENTS
TIP LIST**



Conceptual Reflection

Use one of your creative iPad apps to create a visual mandala that illustrates the Aboriginal philosophy and world view of "All My Relations".

Include how nursing can apply this worldview to more effectively work with clients in a relationally engaged way.

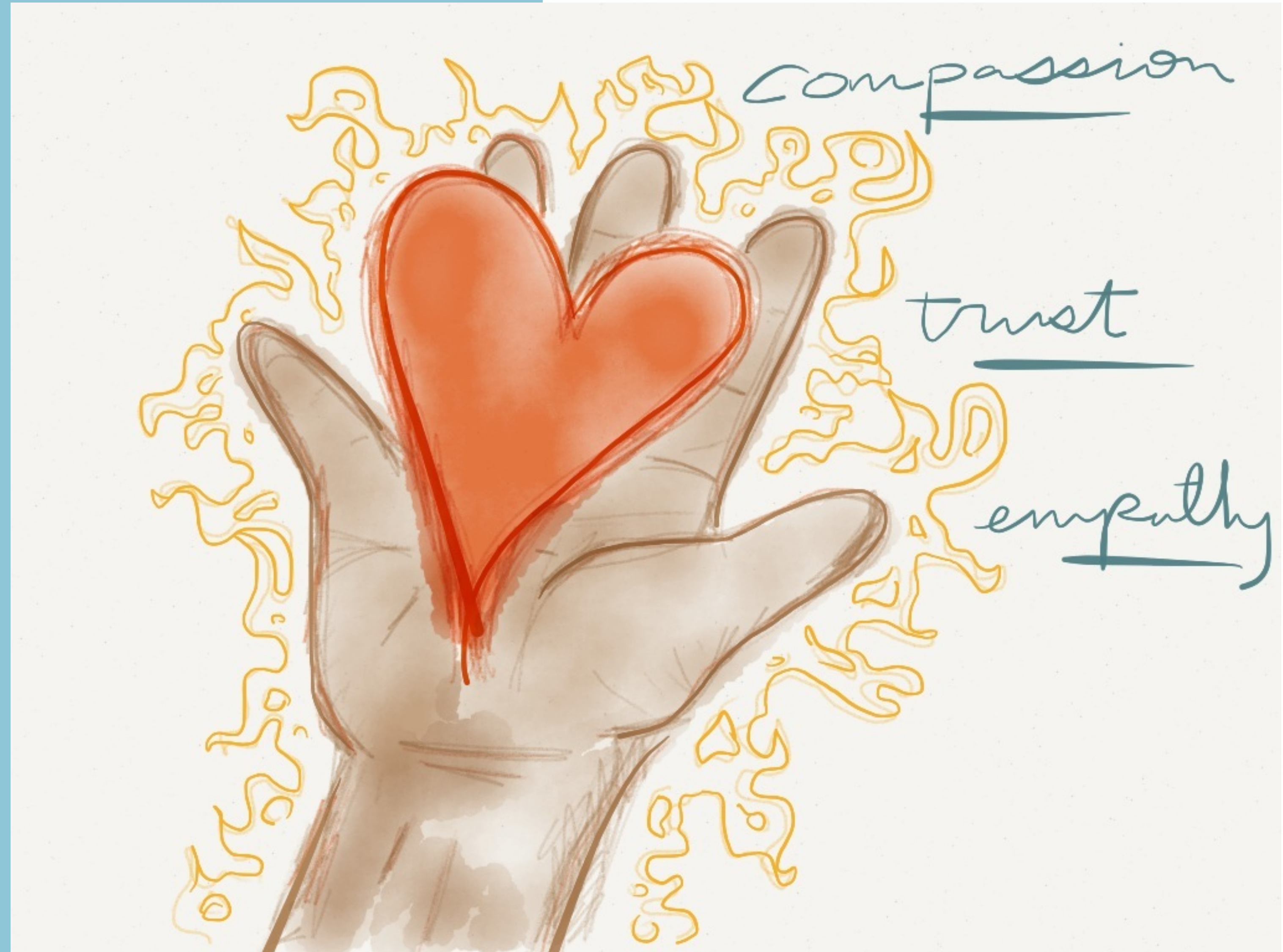
All my Relations

Reflection through visual work reinforces concepts and theory and helps students make meaning of what they have learned.

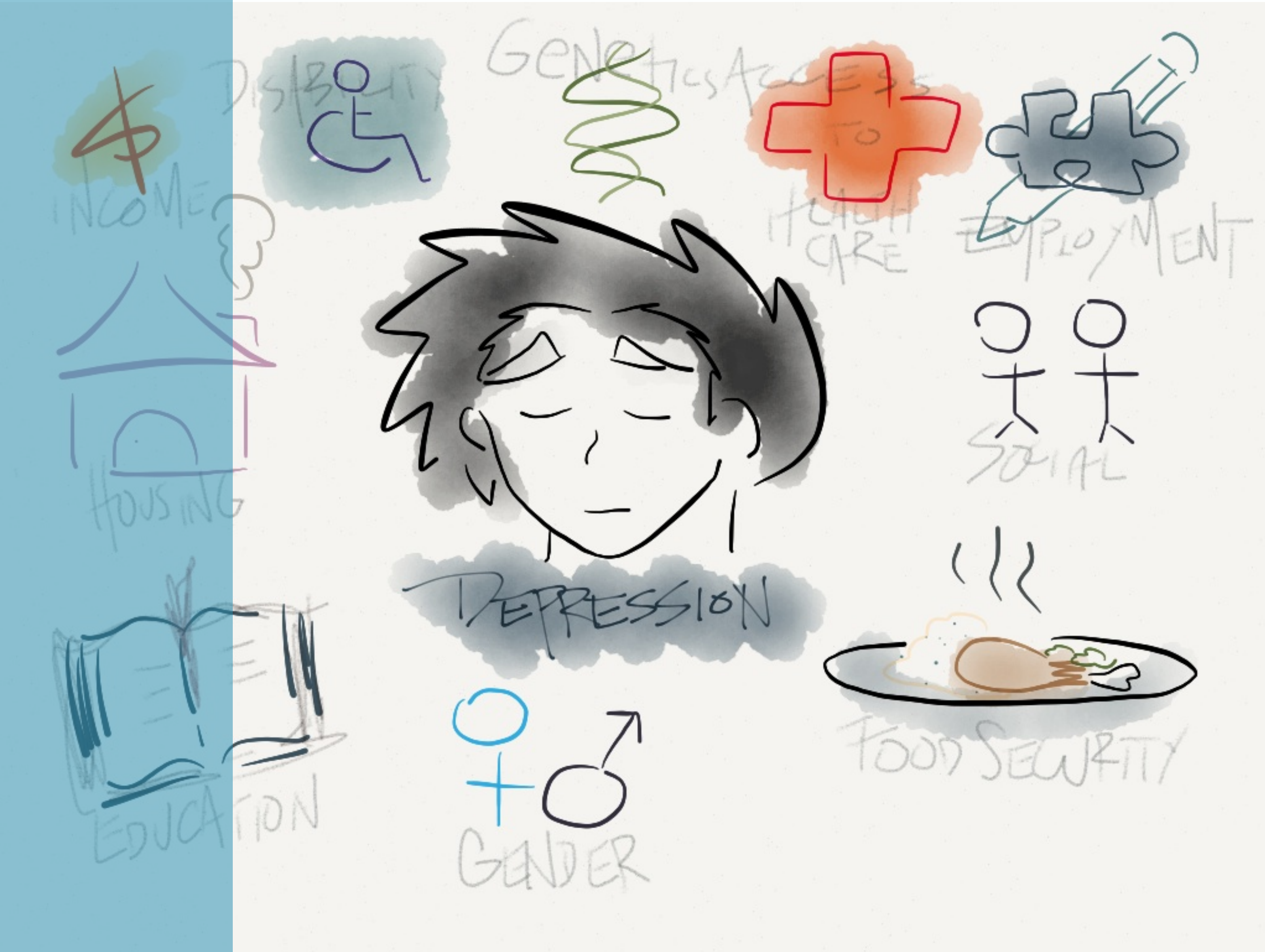


Reflection is Key

Nursing students MUST learn to be reflective practitioners in order to support, provide care, teach, counsel, and form partnerships with their clients to promote healing and optimal health.



Reflection helps students to develop insights, see the big picture of health and healthcare, and to identify barriers and social forces that impact client health and wellbeing.



thankyou

www.nursing-informatics.com

June.Kaminski@kpu.ca