The Exploration of Reflective Journaling as a Learning Tool: An Interdisciplinary Approach

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Objectives

The objectives for the presentation are outlined below:

- Discuss national trends in student resilience and self-care practices as a factor in their overall well-being and academic engagement.
- Discuss relevant strategies for supporting student self-care practices via an interdisciplinary approach.
- Provide a toolkit of resources and evidence-based strategies for faculty that foster the development of self-care among students and grow student leaders.

Background

- Capstone College of Nursing Students participated in interprofessional collaborations with students from other health-related disciplines, including the UA School of Social Work, to serve a vulnerable populations’ basic medical and emotional needs in partnership with the e3 organization.
- e3 is a religious based organization that coordinates global medical mission trips.
- Students participate in a contextual learning experience through a study abroad immersion with reflective journaling and mindfulness practices.

IPE

- Faculty explore innovative and collaborative research and evidence-based practice strategies that foster interprofessional partnership to improve global health outcomes (Interprofessional Education Collaborative, 2016).
- Benefits of IPE, include: Empowers Team Members; Enhances Student Knowledge Base; Fosters a Team-Centered Approach; Promotes Comprehensive Patient Care; Promotes Holistic Patient Care; and Bridges Communication Gaps.

Resiliency

- National data trends reflect a growing concern on many college campuses regarding the ability of students to “bounce back” when they experience challenges (Harris & Horton, 2017).
- Resilience is a PROCESS not simply a personality trait.
- The key point is that resilience is a learned pattern of feelings, thoughts, and behaviors (APA, 2018).
- Resilience impacts student learning outcomes.
- Low resilience manifests as academic stress or poor academic performance.

Implications for Future Research

More research is needed to better understand the needs of Generation Z Student Learners and the role of interprofessional education, reflective journaling and mindfulness practices in fostering student resilience.

References

