



# 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

American Psychological Association (2018). *The Road to Resilience*. Retrieved from <https://www.apa.org/helpcenter/road-resilience.aspx>.

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## Conceptual Model

