Helping Nursing Students Develop Professional Values, Morals, and Ethics through Reflective Practices

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Disclosure Statement

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Objectives/Learner Outcomes

Upon completion of the session the participant will be able to:

– Describe how reflective activities can promote affective learning
– Discuss specific activities that can be incorporated in the classroom
– Identify resources for reflective activities
Affective Learning Outcomes

• Help students:
  – Become thoughtful, reflective practitioners
  – Develop professional values, morals and ethics

• Required by accrediting bodies; expected by professional organizations

• Developing classroom activities can be difficult
Reflective Activities

A range of reflective, contemplative activities can be used to:

• Improve concentration, focus and attention
• Develop a positive, compassionate outlook
• Develop empathy and search for meaning
• Promote understanding and valuing of different perspectives
• Create an environment of openness
Meditation

- Calming yet energizing
- Promotes awareness and insight
- Fosters creativity and focus
- May improve well-being
- Creates a quiet, tranquil learning environment

Rich Mountain Meditation Room
Plemmons Student Union
Appalachian State University
Compassion Practice

• Aims to
  – Connect with concerns of others
  – Promote understanding
  – Helps individuals see commonalities
Compassion Practice

• Students work in pairs and silently focus on each other while statements are read aloud

• Statements can include:
  – Thoughts such as the need to feel respected and valued
  – Common feelings such as disappointments and misunderstandings

• Concludes with statements of wishes and hopes
  – Thoughts such as being healthy or having the strength to accomplish a task or goal
Attending Exhibits

- Student impressions and interpretations of abstract visuals will likely vary.
- Can start the discussion of difficult or controversial topics.
Evaluating Activities

• Evaluation Forms
  – Did you find the activity beneficial?
  – Will you use this activity again in the future?

• Reflective Papers
  – Students were asked:
    – to reflect on the activities in general
    – To reflect on specific questions related to the activities
Introducing Activities in Class

• Be engaged with practices prior to introducing them in class
• Keep class activities secular
• Allowing students to choose whether or not they want to participate
References


• [http://www.contemplativemind.org](http://www.contemplativemind.org)