Student Weekly Journal Entry:

“I read, reviewed articles, and watched videos until there were no more, all in search of better knowledge. My life experiences thus far, regarding grief and loss, have always been on the opposite end of being dealt with properly. I have been more of the person who pushed it aside. I just thought of the children in my life now, and my possible future child. I want to be able to offer them the opportunity to see death and experience grief differently than I had. I feel that I am learning so many new feelings regarding this issue. I have even said to my partner how I will never get rid of the books from this course. (I usually do not get rid of many, but these ones will never leave my side.)

I can’t help but think of how this course has opened my eyes to new possibilities. Possibilities outside understanding the grief and loss process, which is what I initially thought I would get out of this course. I feel as though I have acquired more of a soul renewal. I feel as though a part of me is now different. I find that happiness lies within my life more than it ever has. I often find myself thinking and saying, “You never know when your last day might be,” and living my life according to that standard. I find myself thinking more often that I should be living my life to a fuller existence.”

Transformative Learning……?

"Perspective transformation is the process of becoming critically aware of how and why our presuppositions have come to constrain the way we perceive, understand, and feel about our world; of reformulating these assumptions to permit a more inclusive, discriminating, permeable and integrative perspective; and of making decisions or otherwise acting on these new understandings. More inclusive, discriminating permeable and integrative perspectives are superior perspectives that adults choose if they can because they are motivated to better understand the meaning of their experience." (Mezirow, 1990:14 – my emphasis)

“He maintains that such reflection on assumptions and presuppositions (particularly about oneself) leads to "transformative learning"

In other words, the real significance of adult learning appears when learners begin to re-evaluate their lives and to re-make them. This, for Mezirow, takes precedence over whatever it was they set out to "learn" in the first place.” (Atherton, J. 2003)
Week 10

The past week has been a little challenging due to my absence of my home computer. Shamefully, I was forced to admit just how dependent I am on something so replaceable. Insofar, it even made me reflect on our very first discussion concerning "loss."

Despite that, with all this concentration around death and end of life care it really made me examine my own mortality. In fact, I looked up the word death in the Webster's dictionary and found the descriptions "end or destruction." p.170

Although this wasn't surprising it really made me think about how culturally, especially in the Western world we "address" death. Many may think it's more about social sensitivity, rather than an act of evasion. John Welshons in his work, Awakening From Grief describes it best to me, "cultural denial of death." p.56. According to the readings and my own experiences, the most important thing that people desire close to death is the measure of meaning their life had on others. It is the one true place when one really understands the value of time. The lastingness of memories that nourishes the spirit and supports the body to peacefully allow death to enter. This made me question as a culture why are we so detached from the possibility of dying? Is it because death remains the most elusive; the toughest to define?

I understand from Welshons work, the technology fixation and the failure factor. However, if you consider the amount of self-help literature that filters endlessly throughout our environment; imagine a shift in our consumers and culture to recognize and declare death as the fundamental core to living a resolved life without fear. To confront the prospect of one's own mortality unlocks us in a way that willfully creates you to live vehemently and love unconditionally.

Exactly what we all desperately hope we accomplish before we die.

References:


Description of Purpose of the Reflective Journal for a Hybrid Course NUR 435....

“The Reflective Journal is a place for you to post your reflections on what you have learned and experienced throughout each week. Between the course readings, presentations, clinical and classroom time, you have gained knowledge and experience to reflect on and then to write about. You can describe the thoughts and events but what I am looking for is your thoughts and feelings regarding them. It provides a format for you to synthesize your knowledge, skills and experiences and allows you to find meanings and make connections in order to develop the critical thinking skills of Psychiatric Nursing. Although this looks like a discussion forum, this space is set up as a journal that is yours and viewable only by you and myself. This journal is part of your Clinical Practice and Self Evaluation final grade and thus required weekly. I may comment and/or respond to something in your posting but may only read them without feedback to you.”

Example NUR 435  Studenty Weekly Journal  February 2006

“This week in psychiatric nursing class one of our classmates presented a topic about delirium, dementia, and amnesia. I thought that it was a good presentation. It certainly gave me some background of what I can implement into my teaching presentation for March 1st. I thought that B’s article about delirium and over prescribing of drugs by physicians was very interesting. I read over the article and questions she was asking about the article and so forth. Instead of immediately answering back though, I wrote down what I thought and then proceeded to perform an online search for information from scholarly articles involving the issue of educating nurses and physicians about over-prescribing medications. In addition, I also did a little research on delirium in children as well. Overall, I felt pleased with my responses, and really felt proud of myself for doing a little research and helping myself formulate answers that incorporated what I thought with evidence to support it. I liked this method that I performed with this article discussion online and think that I will use it again for future article discussions from the class online as well.”
Angel Directions for Grief and Loss Course Spring 2008

**Description and Purpose of the Weekly Reflective Journal**

“The Reflective Journal is a place for you to post your reflections on what you have learned and experienced throughout each week. Between the course readings, discussion boards, written assignments and your daily life experiences, there will be concepts, understandings and coping strategies that were new to you or shifted your perception or worked when you used them or not etc.

Journaling provides a format for you to synthesize your knowledge, skills and experiences and allows you to find meanings and make connections in order to be able to **critically think and apply the concepts** and skills you have learned. Although this looks like an online discussion forum, this space is set up as a journal that is yours and **viewable only by student and faculty**. This journal is **part of your final grade under “How you will be evaluated.”** There will be some feedback about your weekly posting and more if you specifically request it or ask questions.

Treat your journal entry each week as a written assignment for formatting purposes and composing it in a word document file that you keep a copy of in case of computer/human problems that can arise. Two or three sentences is not sufficient nor are daily logs/reports of activities meeting the criteria outlined below.

**First reflect on what you have learned during the week’s activities and include any memories that arose of prior learning and/or experiences that are connected to your learning during the week and then write about it. You can describe the thoughts and events but what I am looking for is your thinking about your thoughts and feelings regarding the new learning that has occurred for you.**

Please copy and paste within the Message area and attach a copy to it also. Make sure your name and the dates of the week you are reflecting on are on both the pasted and attached versions and also in the Subject line of the New Post you do each week.

**Your entry is to be posted in your Journal each Monday by midnight for the week prior!!**
References


