

## Learning Reflection

Obtaining my BSN has always been a dream of mine. I can't think of a better program to have gone through than Samuel Merritt University. The program starts out with a bang, I was immediately able to find out what my LTM (learning style) is and MBTI (Psychological preference on how I see the world). Not only did this help me look deep inside and do a self-evaluation, it made me realize all of the different styles people have and how to deal with them individually and as a group. This is what I loved about the program, it made me think outside the box, find out who I am, and improve my confidence, leadership skills, and communication.

We journaled two amazing books by author Dr. Kelly McGonigal a health psychologist and lecturer at Stanford University who is known for her work in the field of 'science help' which focuses on translating insights from psychology and neuroscience into practical strategies that support health and well-being. It taught me valuable lifelong skills in compassion and change. I also learned about my default mode of thinking, strategies to adapt to change and stress, and how to create healthy lifelong habits.

Taking the MBSR class was valuable as I learned about stress reduction exercises, Yoga, and mindfulness and how to incorporate those principals in my everyday life and nursing praxis. Not only did my classes improve my abilities to be a caring nurse but they improved my personal life as well by reducing my stress. I was able to teach most of the techniques to my wife and now one of our favorite things to do is go for mindful walks.

The artifact I include for this reflection is Fierce conversations. What gets talked about in a group or organization and how it gets talked about determines what will or won't happen. Weak teams want agreement. Strong teams want the truth. When you think of a fierce conversation, think passion, integrity, authenticity, and collaboration. As you can see from this artifact, I had great success at work and at home over two very serious conversations regarding Covid 19. Fierce conversations are what we all need to be having in our lives especially when it comes to a global pandemic. This is just another example of how this class taught me leadership skills through communication. If it's one good thing great leaders do it's communicate, this was stressed throughout the program and backed up with so many examples and effective styles of communication such as Fierce conversations.

As my journey through this program reaches its conclusion, I look back on all of the learning that took place. I know I will always have my class discussions, journals, and great relationships I made with both the faculty and my fellow classmates. If there's anything I've learned, it's that learning is a lifelong practice.