

# Weekly Reflective Journals

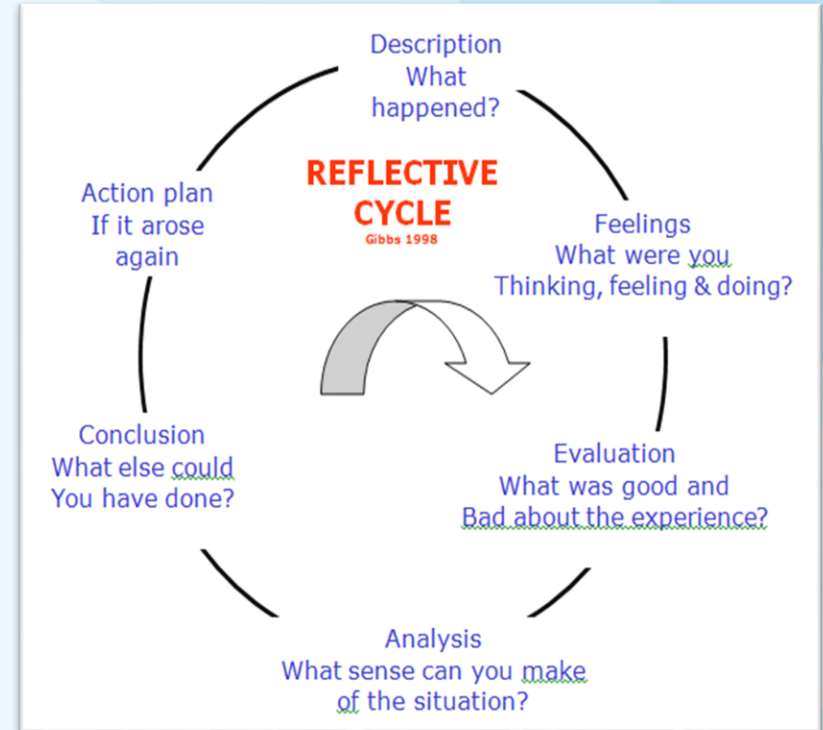
## A Year in the Nurse Practitioner Residency Program

Based on Analysis of 1,200 Journal Entries from 2008 through 2013



## What we expect from you

- Journals are due weekly (at the latest by Sunday) throughout the life of the program
- Make it an habit and stick with it!
- Each week you can choose to reflect upon your clinical experiences, professional development and/or personal growth
- All entries should keep patient information confidential (and you can assume confidentiality among the readers of the Journals.
- Be open and honest about your experiences



## What you can expect from us

- Journals will be read and responded to in a timely manner from designated program staff.
- In addition, you can assume that the clinical or program leader for the program at your organization is also reading the journal .
- Our experience is that the journals are invaluable to the residents as a source of support, information, and guidance; and to the program to constantly assess progress, obstacles, and need for adjustments.

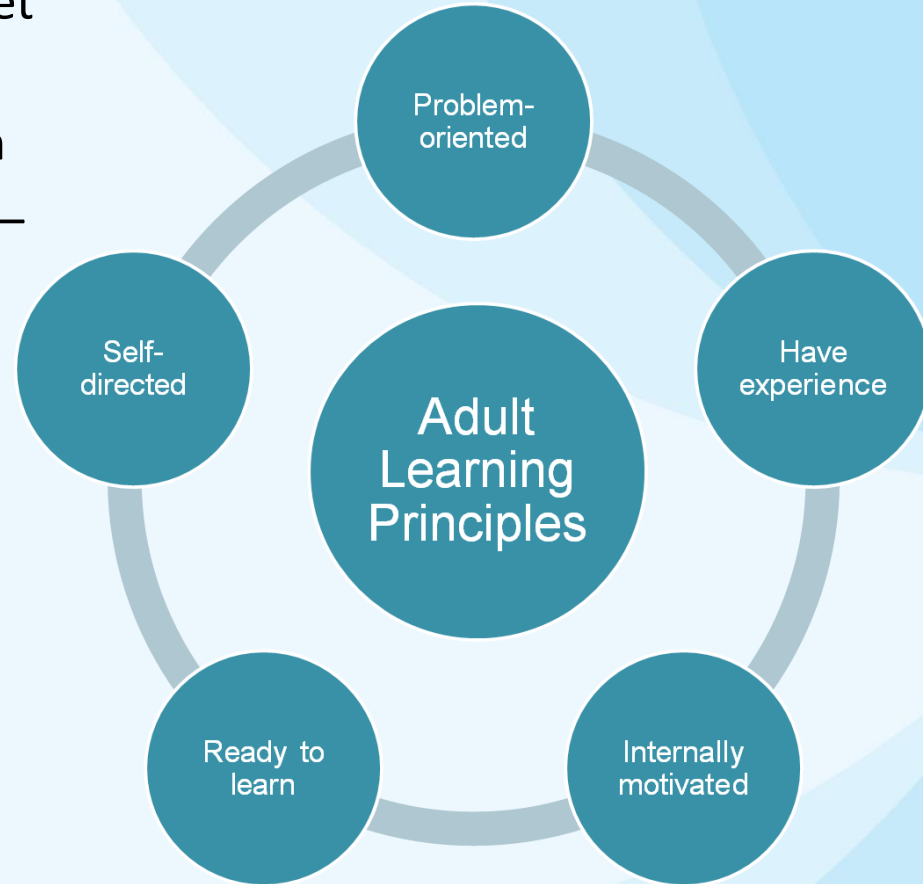


# What is your role in this program?

- Ask yourself – what do you want to get out of this program?
- You will get out as much as you put in
- Take advantage of every opportunity – and make your own opportunities

## What it means to be an Adult Learner

- Ready to Learn
- Self-directed
- Internally motivated
- Have experience
- Problem Oriented



# TRUST THE PROCESS

