GUIDE FOR WRITING STUDENT REFLECTIONS IN OASIS

General Guidelines

1. **Amount of detail.** Your reflection needs to thoroughly and professionally convey the experience of the event. The reviewer of the reflection may or may not have attended the event, so your submission must effectively “convince” the reviewer that the merits of activity are appropriate. Reflections should avoid non-layperson abbreviations as the reviewer may not have a background in healthcare. Do not include patient names or identifiers in your reflection.

2. **Depth.** The reflection should show analysis of the event and how it impacted others and yourself. Please provide specific, descriptive, in-depth responses, especially when giving insight into how the activity taught you something new, or helped you connect with another individual.

3. **Style.** The reflection should be written in a tone and manner that would be appropriate to present to a future employer, accrediting organizations, or even Dean McKerrow.

4. **Originality.** Your reflection should be in your own words. If a single event is claimed for two or more Co-curricular domains, a separate reflection is needed for each, specific to the respective domain.

5. **Length.** There is no minimum or maximum number of sentences in a reflection. Use as many sentences as needed to convey the info, but no more than that. Most students can accomplish this in 3-5 thoughtfully written sentences for each reflection point.

Prompts/Suggestions for Reflection Responses

1. **Brief description of IPPE/Co-Curricular Activity**
   a. What happened at this activity?
   b. Where and when did it take place? For how long has it lasted?
   c. Who was involved?
   d. What was your specific individual role in this activity? How much effort and time did participation in this activity involve on your part?
   e. What was the intended educational/co-curricular benefit of this activity?
   f. What other details would you convey about this experience?

2. **How did this activity relate to your goals (personal, academic, or professional)?**
   a. State the specific goal you had for this activity. This goal must be consistent with the domain for which you are claiming credit:
      i. IPPE Service Learning
      ii. Co-curricular domain 1: Leadership & Innovation/Entrepreneurship
      iii. Co-curricular domain 2: Cultural Understanding, Community Outreach and Service
      iv. Co-curricular domain 3: Personal Development and Wellness
      v. Co-curricular domain 4: Professionalism and Career Development
   b. Describe how you anticipated this activity would apply to your goal.
   c. Did this activity help you progress towards your goal? If so, how much? If not, why?

3. **List one challenge related to this activity and describe how you would overcome the challenge next time.**
   a. Identify the challenge and why it was a challenge. Try to list something that would benefit others if this event is repeated.
   b. What assumptions were made that turned out to be inaccurate?
   c. What preparation would be involved in overcoming the challenge in the future?
   d. What resources would be needed?

4. **If this was an interprofessional event, describe the various roles of each discipline and how the professions interacted.**
a. Who were the other professionals involved? (Part of another organization? Individuals?)
b. How was contact made with the other health professional?
c. What interactions occurred? What were the outcomes of these interactions?
d. Were the interactions structured? Unstructured? Both?
e. What were merits and challenges of the interprofessional interactions?

5. If applicable, describe the demographics of the community who you served in this event.
   a. Describe the target population that was impacted by the activity.
   b. Was there a point of contact with the other group? How was the connection coordinated?
   c. How did the targeted population benefit from the activity?
   d. What did you and other students specifically do at this event related to the community being served?

6. If this activity involved patients, how did you advocate for the patients’ best interests, or help them?
   a. Establish what the patients’ best interests or needs are.
   b. Describe what you did.
   c. How did you determine the most effective way to support the patient?
   d. What guidelines you used and where you got them? Is this an accepted standard of care?
   e. List specific interventions or memorable patient contact experiences you had at this event.