

**Reflection Journal – \*\*\*\*you must submit a copy upon return to UNCW\*\*\*\***  
**Purchase a small notebook for your journal.**

**Instructions:**

1. Please respond to each of the prompts as you reflect on your experiences in Belize.
2. Each day note the date and a brief description of your activities.
3. **Write in your journal daily and submit after we return back to Wilmington.**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Reflect on the thinking processes you used in clinical today.**

1. The problems I encountered were...

I think I solved them by...

when I had difficulty I..

2. When I think about my feelings during the day, I would describe them as... and I handled them by...

3. When I try to remember or understand important facts to solve a problem, I...

4. As I look back, I could have spent:

- More time on....
- Less time on....

**Reflect on the environmental circumstances you encountered in clinical today.**

5. When I prepare to carry out nursing activities, I...
6. When I think about particular distractions, I...
7. When I work with others or need help, I...
8. When I work with others from the university, I ...
9. When I work with other nurses or health professionals from another country, I ....

**Reflect on your behaviors and reactions to the clinical experiences today.**

10. My impression of my performance today was that I...

11. Reaction to clinical experiences:

- a. My reaction to what I liked about the clinical experiences today was....
- b. My reaction to what I did not like about the clinical experiences today was....

Optional prompt: Other comments I have about the clinical experience today are...

Some general questions: Please respond to these as you write in your journal.

1. Thinking over our preparations for this trip to Belize, what are some of your expectations for yourself, your classmates, our Belize hosts? Do you feel ready: why or why not?
2. What are your first impressions of Belize? What role do you see the nurse or advanced practice nurse have?
3. Describe your impressions of the Belize people? What are their strengths? Limitations or barriers?
4. Do your experiences in Belize meet with your expectations? If not, why not. If so, please describe.
5. What lessons have you learned regarding a different culture?
6. How do you think this experience has changed you? Please explain.
7. What have you learned that you can apply on your return home?
8. What were your initial feelings and reactions from people (Family, friends, classmates) after you returned home?