

# NR-103 Transition to the Nursing Profession

**Mindfulness Reflection Guidelines**

## Purpose

The Mindfulness Activities are vital to establishing a firm foundation for students' success at Chamberlain College of Nursing. Mindfulness assignments aim to heighten students’ awareness of the importance of being present, self-care, and becoming an effective professional nurse.

**Course outcomes:** This assignment enables the student to meet the following course outcomes:

1. Implement skills for successful scholarship including effective study skills, note taking, active listening, and learning preferences. (POs 5 and 7)
2. Identify characteristics of professional behavior, including emotional intelligence, communication, and conflict resolution. (POs 3, 5, and 6)
3. Demonstrate information literacy and the ability to utilize resources. (POs 3, 5, and 8)

**Due date:** Your faculty member will inform you when this assignment is due. The Late Assignment Policy applies to this assignment.

**Total points possible:** 40 points each

Week 1:

* + Introduction to Mindfulness (edapt)
  + Reflection (Canvas) – 40 Points Week 3:
  + Mindful Rest (edapt)
  + Mindful Eating (edapt)
  + Mindful Movement (edapt)
  + Reflection (Canvas) – 40 Points

Week 6:

* + - Mindful Relationships (edapt)
    - Mindful Yoga (edapt)
    - Reflection (Canvas) – 40 Points Week 7:
    - Mindful Imagery (edapt)
    - Mindful Technology Use (edapt)
    - Reflection (Canvas) – 40 Points Week 8:
    - Mindful Growth (edapt)
    - Reflection (Canvas) – 40 Points

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## Preparing the assignment

Follow these guidelines when completing this assignment. Speak with your faculty member if you have questions.

1. Complete the week’s mindfulness concept(s) in edapt found in the Explore section of the assigned weekly module before beginning the reflection assignment. Videos that guide reflections are included in the edapt concepts.
2. Complete the week’s mindfulness reflection after completing the mindfulness concept(s) in edapt:
   1. Week 1 reflection:
      1. Of the list provided in the video, what healthy habits do you already use in your daily regimen?
      2. What healthy habits mentioned that you do not currently use, what might you consider adapting into your life?
   2. Week 3 reflection:
      1. The dietitian discusses that you “eat to live, not live to eat.” She describes the 80/20 rule of eating. What percentage of “empty calories” do you think you consume in a day, and what results mentioned in the video do you experience when you eat “too many” empty calories?
      2. What interventions can you apply to help meet the ratio of good calories/empty calories?
   3. Week 6 reflection:
      1. What kind of group does Tom discuss that can determine your success or failure?
      2. He also discusses, “You will become the combined average of people you hang around most.” How many people does he suggest hanging around, and what are the three areas you and your “people” will experience together?
      3. Do you think you can identify your “people” that you spend most of your time with?
   4. Week 7 reflection:
      1. Meredith discusses in the video ways that technology can cause stress in school or practice. What ways were mentioned in the video that can stress you out and what are ways you can deal with stress?
      2. Can you describe a moment in your life when technology stressed you out?
   5. Week 8 reflection:
      1. Tom discusses the difference between fixed and growth mindsets. Do you know someone who functions with a fixed mindset or growth mindset?
      2. Do you think it will be easier to advance in nursing school and practice with a fixed mindset, growth mindset, or a little of both? And why?
3. Include the following in the reflection (detailed criteria listed below and in the Grading Rubric):
   1. Reflection – 40 points

* Answers the weekly reflection questions.
* Uses two specific examples from the video(s) to support writing.
* Uses current APA format, only a title page and double spacing are required.
* Grammar and mechanics are free of errors.
* Contains no more than 3 spelling or typographical errors.
* Writing demonstrates original thought without an over-reliance on the works of others.

For writing assistance, visit the Writing Center.

**Please note** that your instructor may provide you with additional assessments in any form to determine that you fully understand the concepts learned.

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**Grading Rubric**

Criteria are met when the student’s application of knowledge demonstrates achievement of the outcomes for this assignment.

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| **Assignment Section and Required Criteria**  **(Points possible/% of total points available)** | **Highest Level of Performance** | **High Level of Performance** | **Satisfactory Level of Performance** | **Unsatisfactory Level of Performance** | **Section not Completed** |
| **Reflection**  (40 points/100%) | **40 points** | **34 points** | **30 points** | **15 points** | **0 Points** |
| **Required Criteria**   1. Answers the weekly reflection questions. 2. Uses two specific examples from the video(s) to support writing. 3. Uses current APA format (only title page and double spacing required) 4. Grammar and mechanics are free of errors. 5. Contains no more than 3 spelling or typographical errors. 6. Writing demonstrates original thought without an over-reliance on the works of others. | Includes 6 requirements for  section | Includes 5 requirements for  section | Includes 4 requirements for  section | Includes 3 or less requirements for  section | No requirements for this section presented |
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| **Total Points Possible = 40 points** | | | | | |