**REFLECTIVE JOURNAL ASSIGNMENT:**

* Each journal should be focused on your clinical experience as it will be part of a professional portfolio
* This formational reflective journal is in APA format, double-spaced, #12 font, answering each question in paragraph form
* APA format with references and [title page](https://www.southalabama.edu/colleges/con/students/apapolicy.html) with students' name, site, preceptor's name, course, clinical instructor's name

**Part I:  Pick ONE of the journal goals**

1. To understand stimulant medications, monitoring and switching of medications for a \_\_\_\_\_\_\_\_\_\_\_\_ (child, adult) client.
2. To understand the use of \_\_\_\_\_\_\_ (list a medication) for a patient with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (list a specific sleep disorder).
3. To understand the interactions between marijuana and a patient’s current psychotropic medications.
4. To learn how to safely detox a patient with an addiction to \_\_\_\_\_\_\_.
5. To understand the cultural implications of psychotherapy when treating a patient from \_\_\_\_\_\_ (ethnic/cultural background).
6. To develop safe prescribing practices when working with a patient from \_\_\_\_\_\_\_\_\_\_\_\_ (country).
7. To integrate the developmental theories of \_\_\_\_\_\_\_ (Freud, Mahler, Kohlberg, etc.) into a comprehensive plan of care.
8. To implement basic psychotherapeutic interventions working within the framework of \_\_\_\_\_\_\_\_\_\_\_\_\_ (interpersonal theory, psychodynamic theory, REBT, EMDR, Supportive Psychotherapy, etc.) for a patient with \_\_\_\_\_\_ (diagnosis).
9. To learn basic issues of transference & countertransference in working with \_\_\_\_\_\_\_\_\_ (specific personality disorder or other diagnosis).

**Part II:  Writing the Journal Entry**

1. After choosing ONE of the lettered goal/objectives listed above, prepare to use only that topic for the journal

2. Using the rubric, develop each section of the rubric (use headings to stay organized):

* Goal/Learning Objective
* Academic Resources
* Cultural Knowledge
* Education
* Challenges

Discuss in detail the points in the rubric with at least one paragraph or more, be specific and explain the reasoning behind your talking points.

3. APA format is expected (title page, double spaced, reference page, etc.)

**Part III:  Review the Paper**

After submission of the paper, review the Turnitin score and the ETS, and correct areas of concern.

***\*See the rubric for more details on grading, below is a snippet of the rubric\****

**Goal/Learning Objective**

After choosing one of the options in part one, answer all of the following questions in one paragraph, providing your thoughts and insight into this experience:  
What was your goal/learning objective for this unit’s clinical experience?  
How does this new information combined with prior knowledge and beliefs carry forward into your future practice?

**Academic Resources**

In one paragraph or more explain what academic sources did you read on this topic, and what were the notable findings? (These should be other than your course textbooks). Include any pertinent data important to this topic.

**Cultural Knowledge**

Discuss one of the questions below in one paragraph :  
1. Name one specific cultural consideration that could impact the implementation of this knowledge, and explain how you would address it?  
OR  
2. For a specific patient seen in clinical, explain an aspect of the patient’s culture that would need to be addressed during the implementation of this knowledge. How would you address it?

**Education**

In one paragraph discuss how would you use the information that you have learned to educate a patient/appropriate family member who is uninformed on this topic?

**Challenges**

In one paragraph discuss what were the challenges you faced in integrating this information into the care of a patient you saw during this unit’s clinical experience?

Rubric

**Reflective Journal Rubric (1)**

| Reflective Journal Rubric (1) | | |
| --- | --- | --- |
| **Criteria** | **Ratings** | **Pts** |
| This criterion is linked to a Learning OutcomeGoal/Learning Objective  After choosing one of the options in part one, answer all of the following questions in one to two paragraphs, providing your thoughts and insight into this experience:   What was your goal/learning objective for this unit’s clinical experience? How does this new information combined with prior knowledge and beliefs carry forward into your future practice? | |  |  |  |  | | --- | --- | --- | --- | | **20 to >17.8 pts**  **Meets or Exceeds Acceptable Criteria (EAC\*)**  In one paragraph, the student clearly identifies the goal(s) or learning objectives and combines the new information learned in clinical with prior knowledge and beliefs. The student describes how that new knowledge will be carried forward. | **17.8 to >15.8 pts**  **Acceptable**  The student identifies personal goals or learning objectives (not unit goals/objectives) and combines the new information learned in clinical but is less effective at integrating this new information with prior knowledge and beliefs, and how that new knowledge will be carried forward. | **15.8 to >0.0 pts**  **Needs Improvement**  The student only identifies the goal/objective or only the new information learned in clinical without integrating this new information with prior knowledge and beliefs, and how that new knowledge will be carried forward. | **0 pts**  **No Marks**  The student did not complete | | 20 pts |
| This criterion is linked to a Learning OutcomeAcademic Resources  In one to two paragraphs or more explain what academic sources did you read on this topic, and what were the notable findings? (These should be other than your course textbooks). Include any pertinent data important to this topic. | |  |  |  |  | | --- | --- | --- | --- | | **20 to >17.8 pts**  **Meets or (EAC\*)**  In one to two paragraphs, academic sources are communicated eloquently and thoroughly. Specific examples/resources are provided to support the findings and conclusions. Students will cite a minimum of one reference pertinent to their reflective journal post. | **17.8 to >15.8 pts**  **Acceptable**  Academic sources are communicated clearly but could be more complete. Examples and resources are included but could better support the findings and conclusions. | **15.8 to >0.0 pts**  **Needs Improvement**  It is difficult to follow the support for the findings, because they are incomplete or not communicated effectively. No examples/resources are included, OR resources do not support the findings and conclusions. | **0 pts**  **No Marks**  The student did not complete | | 20 pts |
| This criterion is linked to a Learning OutcomeCultural Knowledge  Discuss one of the questions below in one to two paragraphs:  1. Name one specific cultural consideration that could impact the implementation of this knowledge, and explain how you would address it?  OR  2. For a specific patient seen in clinical, explain an aspect of the patient’s culture that would need to be addressed during the implementation of this knowledge. How would you address it? | |  |  |  |  | | --- | --- | --- | --- | | **20 to >17.8 pts**  **Meets or (EAC\*)**  In one or more paragraphs, the student chose one of the cultural knowledge questions and thoroughly discusses it. The student also clearly defined the impact on the culture and how it would be addressed. | **17.8 to >15.8 pts**  **Acceptable**  The cultural knowledge is communicated clearly but could be more complete. | **15.8 to >0.0 pts**  **Needs Improvement**  The cultural knowledge is not communicated clearly defined. | **0 pts**  **No Marks**  The student did not complete | | 20 pts |
| This criterion is linked to a Learning OutcomeEducation  In one paragraph discuss how would you use the information that you have learned to educate a patient/appropriate family member who is uninformed on this topic? | |  |  |  |  | | --- | --- | --- | --- | | **10 to >8.9 pts**  **Meets or (EAC\*)**  In one paragraph, the educational ideas are communicated eloquently and thoroughly. Specific examples are provided to support how the student would educate a patient/appropriate family member who is uninformed on this topic at the appropriate developmental level. | **8.9 to >7.9 pts**  **Acceptable**  The educational ideas are communicated clearly but could be more complete. Examples are included but could better support how the student would educate a patient/appropriate familty member who is uninformed on this topic. | **7.9 to >0.0 pts**  **Needs Improvement**  It is difficult to follow the educational ideas, because they are incomplete or not communicated effectively. No examples are included and it does not support how the student would educate a patient/appropriate family member who is uninformed on this topic. | **0 pts**  **No Marks**  The student did not complete | | 10 pts |
| This criterion is linked to a Learning OutcomeChallenges  In one paragraph discuss what were the challenges you faced in integrating this information into the care of a patient you saw during this unit’s clinical experience? | |  |  |  |  | | --- | --- | --- | --- | | **10 to >8.9 pts**  **Meets or (EAC\*)**  In one paragraph, the challenges faced by integrating this information into the care of the patient during the clinical experience was communicated eloquently and thoroughly. | **8.9 to >7.9 pts**  **Acceptable**  The challenges faced integrating this information into the care of the patient during the clinical experience was communicated but could be more complete. | **7.9 to >0.0 pts**  **Needs Improvement**  The challenges faced integrating this information into the care of the patient during the clinical experience was not communicated effectively and was difficult to follow. | **0 pts**  **No Marks**  The student did not complete | | 10 pts |
| This criterion is linked to a Learning OutcomeAPA / Mechanics  Professionally written, utilizes academic resources published in the last five (5) years, appropriate grammar and sentence structuring, and correct APA referencing and APA format. | |  |  |  |  | | --- | --- | --- | --- | | **20 to >17.8 pts**  **Meets or (EAC\*)**  The journal includes some evidence of self-reflection. The journal is reasonably professional, perhaps with a few spelling errors or typos. With some exceptions, writing is clear, concise, and organized. Minimal grammar or style errors, which may impact readability. Original, critical thought is evident throughout the journal. Most questions are addressed but could be more complete and comprehensive. | **17.8 to >15.8 pts**  **Acceptable**  Journal includes evidence of self-reflection. The journal is professional. No spelling errors or typos. Writing is clear, concise, and organized. Minimal grammar or style errors that do not impact readability. Original, critical thought is evident throughout the journal. Most questions are addressed completely and comprehensively | **15.8 to >0.0 pts**  **Needs Improvement**  The journal includes minimal evidence of self-reflection. The journal is not professional. There are multiple spelling errors and/or typos. Writing is difficult to follow. Grammar and/or style impact readability. Original, critical thought is not evident throughout the journal. A few questions are addressed but not completely or comprehensively. | **0 pts**  **No Marks**  The student did not complete | | 20 pts |
| Total Points: 100 | | |

[Previous](https://usaonline.southalabama.edu/courses/55326/modules/items/2453644)[Next](https://usaonline.southalabama.edu/courses/55326/modules/items/2453646)

This is a reflective journal assignment with option to choose one of the goals provided below. I will briefly discuss each goal so that we get a clue of how this should be done. For option one, Undertanding stimulant medication , monitoring and swtching of medication for either a child on an adult. According to the National Library of medicine, one of the most common chronic psychiatric disorder in children is ADHD. This persit into adolescent and adulthood as one age. The best tratment for this is a combination of both behavioural and pharmacological tratments, Multi modal. For option 2 on our reflective journal  assignment, To understand the use of either Temazepam (Restoril), Triazolam (Halcion), Zaleplon (Sonata), Zolpidem (Ambien, Edluar, Zolpimist)-  (list a medication) for a patient with /insomnia, Parasomnias, Circadian rhythm disorders, Movement disorders



## [REFLECTIVE JOURNAL ASSIGNMENT.](https://safeassignments.net/?p=306646&preview=true)

Each journal should be focused on your clinical experience as it will be part of a professional portfolio. This formational reflective journal is in APA format, double-spaced, #12 font, answering each question in paragraph for APA format with references and [title page](https://www.southalabama.edu/colleges/con/students/apapolicy.html) with students' name, site, preceptor's name, course, clinical instructor's name

1. To understand stimulant medications, monitoring and switching of medications for a \_\_\_\_\_\_\_\_\_\_\_\_ (child, adult) client.
2. To understand the use of \_\_\_\_\_\_\_ (list a medication) for a patient with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (list a specific sleep disorder).
3. To understand the interactions between marijuana and a patient’s current psychotropic medications.
4. To learn how to safely detox a patient with an addiction to \_\_\_\_\_\_\_.
5. To understand the cultural implications of psychotherapy when treating a patient from \_\_\_\_\_\_ (ethnic/cultural background).
6. To develop safe prescribing practices when working with a patient from \_\_\_\_\_\_\_\_\_\_\_\_ (country).
7. To integrate the developmental theories of \_\_\_\_\_\_\_ (Freud, Mahler, Kohlberg, etc.) into a comprehensive plan of care.
8. To implement basic psychotherapeutic interventions working within the framework of \_\_\_\_\_\_\_\_\_\_\_\_\_ (interpersonal theory, psychodynamic theory, REBT, EMDR, Supportive Psychotherapy, etc.) for a patient with \_\_\_\_\_\_ (diagnosis).
9. To learn basic issues of transference & countertransference in working with \_\_\_\_\_\_\_\_\_ (specific personality disorder or other diagnosis).

### ****Part II:  Writing the REFLECTIVE JOURNAL ASSIGNMENT.****

1. After choosing ONE of the lettered goal/objectives listed above, prepare to use only that topic for the journal
2. Using the rubric, develop each section of the rubric (use headings to stay organized):

* Goal/Learning Objective
* Academic Resources
* Cultural Knowledge
* Education
* Challenges

Discuss in detail the points in the rubric with at least one paragraph or more, be specific and explain the reasoning behind your talking points.

1. APA format is expected (title page, double spaced, reference page, etc.)

**Part III:  Review of the** [**REFLECTIVE JOURNAL ASSIGNMENT.**](https://www.youtube.com/watch?v=ME8BrEVa7yU)

After submission of the paper, review the Turnitin score and the ETS, and correct areas of concern.

**\*See the rubric for more details on grading, below is a snippet of the rubric\***

**Goal/Learning Objective**

After choosing one of the options in part one, answer all of the following questions in one paragraph, providing your thoughts and insight into this experience:  
What was your goal/learning objective for this unit’s clinical experience?  
How does this new information combined with prior knowledge and beliefs carry forward into your future practice?

**Academic Resources**

In one paragraph or more explain what academic sources did you read on this topic, and what were the notable findings? (These should be other than your course textbooks). Include any pertinent data important to this topic.

**Cultural Knowledge**

Discuss one of the questions below in one paragraph :  
1. Name one specific cultural consideration that could impact the implementation of this knowledge, and explain how you would address it?  
OR  
2. For a specific patient seen in clinical, explain an aspect of the patient’s culture that would need to be addressed during the implementation of this knowledge. How would you address it?

**Education**

In one paragraph discuss how would you use the information that you have learned to educate a patient/appropriate family member who is uninformed on this topic?

**Challenges**

In one paragraph discuss what were the challenges you faced in integrating this information into the care of a patient you saw during this unit’s clinical experience?