

Discussion and self reflection assignment



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Personal Self Reflection on online participation NRS. 426 to be submitted on-line by 2100 Monday following # Week &

_____ Name: _____

CRITERIA

Supporting data

Participation in class & on-line discussion/weekly reflection question regarding leadership concepts

We discussed what leadership is about. Leadership means having personal qualities such as integrity, shared vision and good communication skills. A good leader like President Obama serves as an example to his members. A nurse like me has something in common in President Obama: we need to serve the people. A nurse would do this by providing, promoting and facilitating best possible care to the people.

Preparation of weekly reading material

I read class materials

Contribution to class was

I talked of leadership by asking the question: What makes a leader? I also shared my best personal story.

The common themes in our story between my group members were about being caring and having patience since this personal attributes makes us compassionate nurses. We agreed that a leader must be knowledgeable, resourceful and assertive.

Analysis of ideas, opinions & information as seen by....

Analysis of the article. The article about Sustaining Leadership was helpful. It was an eye-opener to learn and understand the importance of a healthy work environment and patient outcomes. Nurses must be taken good care of

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in the workplace since this would reflect in their service to the patients.

Generates discussion

Shares information

Discussed with my peers insights gained from Obama's speech. Obama's speech is a good material to reflect upon on what leadership qualities a leader must have so he can lead nation into recovery.

Listens attentively to others

yes

Acknowledges colleagues' ideas

Yes I carefully listened to my peers reflect on their personal best stories as well as their thoughts on who or what makes a good leader. I also learned that the common themes in the group existed.

Attended class

yes

Overall comments & personal identification of grade for the week

Grade: /15

President Obama's speech touched many listener's hearts including mine. Through his speech, he showed exemplary characteristics that a leader must have. His burden is heavy since he is serving a nation, and I feel the same way too. As a nurse, I must be able to provide the "best possible care to the public". By doing so, there are leadership qualities that I must possess so I can be an effective nurse.

The first thing I observed about Obama's speech is that he has a complete understanding of himself, his position, and the current crisis that America faces. He is not denying that there is a problem and that America can handle all its problems. In fact, Obama is humble to accept the mistakes that have

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been made by his predecessors. I admire his honesty and integrity as a leader. Honesty is a much needed trait in world leaders since many issues in ethics have caused the downfall of big companies such as Enron. As a nurse, I must be honest and ethical in my transactions with the patients, doctors as well as other members of my profession.

I also admire Obama's good communication skills since he is able to present to the people the issues objectively and with conviction. He shares his vision with the nation which makes everyone feel responsible for the country's recovery. Thus, I also believe that a good nurse must be able to communicate effectively to people around her. A nurse is part of a team and one must be able to share the responsibility in providing quality health care even under difficult circumstances. Having good communication skills would greatly enhance my collaboration with other members of the team. Also, most sources of conflict come from miscommunication. In the medical field, all lines of communications should be clear since one mistake could cost a patient's life. I am not Obama nor the President. Yet I could learn from his examples and become a good nurse.