



ESN Reflection Package

STUDENT INFORMATION

Name

Unit Hired To

School Attending

Expected Grad Date

ABOUT THIS PACKAGE

The ESN Reflection package is meant to be completed along side your online ESN Orientation course. Throughout the course you will prompted to respond to questions related to the subject matter you are reviewing.

You will recognize the prompts with the title "Reflection Activity" and it will be matched with a lightbulb icon. When prompted, locate the corresponding question in this package and fill it in. Please fill in your responses directly into this document using Adobe Acrobat.

QUESTIONS

Question 1

Looking at the VCH's ESN, how do you believe your role as an ESN fits in to this?

Question 2

What do you believe it takes to succeed as an ESN?

Question 3

What expectations do you have, personally, for your time as an ESN?

Question 4

What are you most worried about in your new role?

Question 5

Are there any practice activities you're unsure about performing, or wondering why they're included in the "don't" section? If so, please list the activity/activities here, and let us know your thoughts behind

Question 6

How do I decide what learning to focus on each day?

Question 7

Why do you think it's important to clearly identify yourself as an "Employed Student Nurse" and that you're working under a supervisory nurse, to both the patients/clients/residents and the healthcare team?

Question 8

What do you think being "supernumerary" means, as an ESN?

Question 9

Now that you know more about scheduling and pay, are there any more steps you should take to find out more about your ESN shifts on the unit? If so, what might those be?

Question 10

Thinking back to the quote: "The first three months of employment following graduation is the most stressful time in a nurse's career" (Jewell, 2013), how might you use your ESN experience to help mitigate the stressors related to this?

Question 11

How are you feeling?

Question 12

What questions do you still have?

Question 13

Thinking about everything you have learned in this course, what stands out for you the most?



Saving my Reflections Workbook

How to Save

- 1) **Download the ESN Reflections Workbook to your desktop and open it with Adobe Acrobat**
 - a) If the PDF opened in Google Chrome, click the download arrow button on the top right corner of the page beside the 'rotate' and 'printer' icon
- 2) Save As/Rename the file to: [Last name of ESN]_ESN Reflections (save this on your desktop for easy access)
- 3) Open up the PDF document you just saved on your desktop in Adobe Reader and start working on the questions. When you're done, save again. The file name should remain the same
- 4) Once you have completed the ESN Reflection package please submit your package by **the Friday before orientation**. Please submit your package by emailing it to: esnvch@vch.ca