



# ESN Reflection Package

## STUDENT INFORMATION

Name

Unit Hired To

School Attending

Expected Grad Date

## DUE DATE

*Friday before Regional Orientation*

## SUBMISSION

*Details on final page of package*

## 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 True North Goals, 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**

Think back to the statement, "We encourage you to aim for 75% of a New Grad patient assignment": Why might this be, instead of aiming for a full New Grad patient assignment?

**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?



# Submission

## How to Submit

Once you have completed the ESN Reflection package please submit your package by the **due date**. The tool for submission can be found on the home page of the course you enrolled in and where you located the link to the course content.

1. Login to the **learn.vch.ca** or **ccrs.vch.ca**
2. Locate the "ESN Orientation" course
3. Use the "Reflections Package Submission" tool to submit
4. If you are unable to submit via the tool please email your package to [esnvch@vch.ca](mailto:esnvch@vch.ca)

**DUE DATE** *The Friday before Regional Orientation*