

## Self Reflective Evaluation: FNH 380

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**Date: November 26<sup>th</sup>, 2014**

<b>Course Learning Outcome</b>	<b>Self Assessment 1=Not met 2=Met with minor gaps 3=Fully met</b>	<b>Describe Contribution FNH 380 Made to this Learning Outcome</b>	<b>Comments and Plans for Addressing any Learning Outcome Gaps</b>
1. Describe key features of the UBC Dietetics Major, including program structure, alignment with national competencies, and student requirements.	All learning objectives have been met, but more experience and learning is to come: 2	<ul style="list-style-type: none"> <li>– Becoming well versed in the national competencies for dietetics is a large work in progress, but FNH 380 activities, namely the student led tutorials and the learning plan, have helped me begin the process of learning. They have helped me begin to go through the competencies since many tutorials drew our attention to different ones, and we often had activities that required us to reflect on various competencies. Not only has this helped me learn them, but I am now better able to see where I have gaps and the areas in which I have already gained experience.</li> </ul>	<ul style="list-style-type: none"> <li>– The competencies are a work in progress, but as part of FNH 380 I have created a learning plan, which will address a few of these competencies in the coming semesters. I have only focused on two competencies in the learning plan, but I think this is sufficient for the coming semester.</li> <li>– I think that learning all student requirements is still a work in progress, and I feel that this objective, while addressed well at the beginning of 380, will become increasingly clear with each course we take</li> </ul>
2. Describe key aspects of the dietetics profession, including: a) roles of dietitians, b) principles of client-	All learning objectives have been met, but more experience and learning is to	<ul style="list-style-type: none"> <li>– I found it was very helpful to have different dietetics professionals come in and speak to the class about their involvement in the profession.</li> </ul>	<ul style="list-style-type: none"> <li>– I would like to do more site visits with different dietitians in various roles in order to ensure maximum exposure to different areas of the profession. FNH 380 gave a really</li> </ul>

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<p>centered care,</p> <p>c) approaches to provision of food and nutrition services for patients/residents in acute and residential institutional settings,</p> <p>d) functions of and opportunities for involvement in regulatory and professional organizations, and</p> <p>e) benefits of and challenges associated with interprofessional approaches to care.</p>	<p>come: 2</p>	<p>Since there are so many roles a dietitian can have, I found that listening to dietitians from different areas helped me to learn different roles</p> <ul style="list-style-type: none"> <li>– The student lead tutorials were great in helping me start to think about client-centered care, since the overarching theme of all tutorials was how to give the best, most knowledgeable and professional care to patients and clients.</li> <li>– The site visit we did helped me start to understand the different approaches to nutrition services for patients and residents in different settings. I was fortunate to be able to meet with both a clinical dietitian and a food services manager, each giving a unique view on patient care. It can be hard to find a lot of extra time to job shadow and gain valuable job exposure while in school, so the site visit activity was an excellent way to ensure some focus on this important part of our education.</li> </ul>	<p>good start to this pursuit, but a plan I have for next semester is to contact two dietitians who work in roles different from those I have already explored. In particular, I have not ever shadowed a dietitian in a long term care facility, and this is something I would like to achieve before year 4 of the program</p> <ul style="list-style-type: none"> <li>– I thought it was quite helpful to have two 4<sup>th</sup> year students come in and talk about their involvement with the Dietitians of Canada as student representatives, and this is an area that I would like to work on. I would like to become more involved in professional organizations. I would like to take advantage of the Dietitians of Canada website in a bigger way next semester, as I found that this semester I didn't have the time to thoroughly explore the website. Additionally, although I'm not sure of the feasibility, I would like to attend the Dietitians of Canada Conference next year.</li> </ul>

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<p>3. Apply communication and collaboration skills to professional development:</p> <p>a) Utilize a blog to share a professional profile, reflections, and key accomplishments;</p> <p>b) Work with partners to plan and deliver an in-class tutorial on a professionally-relevant topic;</p> <p>c) Apply knowledge of the Integrated Competencies for Dietetic Education and Practice towards development of a self-assessment and learning plan; and</p> <p>d) Utilize networking and peer review to refine approaches to professional work.</p>	<p>All learning objectives have been met, but more experience and learning is to come: 2</p>	<ul style="list-style-type: none"> <li>– FNH 380 has been my first experience with blogging, and this has helped greatly with learning to communicate and reflect publicly and professionally about my progress in the profession. Keeping track of my accomplishments and learning outcomes will help me in the future, as I can always revisit my thoughts and experiences and use this information to continue to grow as a professional</li> <li>– Although I have done quite a bit of group work in my University education, working with group members in FNH 380 was the first time I have worked with future colleagues. The topic we had, Intercultural communication, was professionally relevant, and it was great practice to work collaboratively on this topic</li> </ul>	<ul style="list-style-type: none"> <li>– I would like to make a plan to increase my networking skills. I think that this is a good goal to have in combination with reaching out to dietitians in roles other than those I have already researched. I would like to attend networking activities, such as more inter-professional health workshops and conferences, as I think this is a very valuable part of becoming a well-rounded, experienced student. The more exposure I can have now, the better prepared I will be for my internship.</li> </ul>
<p>4. Consistently demonstrate professional practice, communication and collaboration competencies including:</p> <p>a) use a systematic</p>	<p>All learning objectives have been met, but more experience and learning is to come:</p>	<ul style="list-style-type: none"> <li>– FNH 380 has helped me start to think about all my responsibilities, time management skills and communication abilities in a professional setting. The great</li> </ul>	<ul style="list-style-type: none"> <li>– I think that I still have more learning to do in each of the competencies, but I feel that FNH 380 has set me well on my way to achieving professional practice, and communication and collaboration</li> </ul>

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<p>approach to decision making,</p> <p>b) maintain a client-centred focus,</p> <p>c) manage time and workload effectively,</p> <p>d) use technologies appropriately to achieve teaching and learning goals,</p> <p>e) ensure appropriate and secure documentation,</p> <p>f) use effective written communication skills,</p> <p>g) use effective oral communication skills,</p> <p>h) use effective interpersonal skills,</p> <p>i) contribute to the learning of others, and</p> <p>j) contribute productively to teamwork and collaborative processes.</p>	2	<p>thing about this course is that it helps put education into a professional setting, which is important for us to start thinking about.</p> <ul style="list-style-type: none"> <li>- The interactive group setting of FNH 380 has helped me achieve many of the learning outcomes, including work on my interpersonal skills, communication skills and my contributions to the learning of others. The class is quite focused on team work which is a very effective use of the class, since out professions will focus strongly on this skill</li> <li>- Working on collaboration and communication in a safe and supportive space has been very encouraging, and FNH 380 really makes this happen.</li> </ul>	<p>skills</p> <ul style="list-style-type: none"> <li>- Each of these learning outcomes will be a work in progress as I move from my education into my profession, but 380 has given me a good foundation of knowledge and practice.</li> <li>- In the future I would like to improve upon my skills in terms of use of technologies and use of secure documentation, and I will do this by being more open to different forms of technology for presentations and assignments. I have a lot to learn in this area, so I will personally seek out opportunities, such as class assignments, to use different forms of technology, including power point, prezzi, google docs, etc. to ensure I have a breadth of knowledge in these areas. I would also like to learn about the various technologies in place in hospitals, such as Computirition. I would like to achieve this learning outcome by looking for another clinical dietitian to shadow, and inquiring about these methods of hospital wide communication.</li> </ul>
<b>Additional Comments related to your learning in the course (optional)</b>			

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<ul style="list-style-type: none"> <li>– FNH 380 gave a really great introduction to the Dietetics Major, and its interactive nature has really helped me build a foundation for future learning and professional experience. In particular, creating a personal learning plan and leading a tutorial session on a professional practice competency, are two activities that have really helped me put my education in a professional context.</li> <li>– All of the learning objectives in FNH 380 have been met, but I think that they are all a work in progress as I build my professional capacity. I am excited to continue this progress in FNH 381</li> </ul>			