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**FNH 381**

**PROFESSIONAL DIETETIC PRACTICE II**

**Reflective Self Evaluation Assignment**

**STUDENT:** Amanda ELlis **DATE:** may 24, 2015

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| **INTRODUCTION** |
| **PURPOSE**To provide an opportunity for students and the course instructor to reflect on student performance in relation to the stated learning outcomes of the course.FNH 381 has high emphasis on self responsibility and self reflection. This assignment puts responsibility on each student to evaluate their own performance in the course and identify and make plans to address additional learning needs.**RELATIONSHIP TO INTERNSHIP MODULES AND FORMS**This document has been designed to parallel the forms used during internship, in order to expose students to internship performance evaluation criteria and procedures. | **STUDENT INSTRUCTIONS**1. Using the template on the following pages, prepare a concise point form report to reflect upon your performance in relation to the stated course learning outcomes.
2. Assignment is due **Sunday, May 24, 2015 at midnight**. Produce a brief blog entry on your professional practice course blog and upload the document.

**INSTRUCTOR RESPONSIBILITIES**1. Review student self evaluation.
2. Complete Instructor assessment column (student performance ratings, comments).
3. Share final version of document with student.
4. Follow up with student re any significant gaps in performance.
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| **STUDENT PERFORMANCE CRITERIA AND ASSESSMENT GUIDE** |
| **NOTE: The information on this page is adapted from the performance criteria and assessment guide used throughout the internship year.****Performance Criteria**These criteria, to be referred to when assessing student performance, are adapted from the [*ICDEP*](http://www.pdep.ca/files/Final_ICDEP_April_2013_%281%29.pdf) entry-to-practice proficiency definition.  |
| **Evaluation Parameter** | **Performance Criteria**  |
| **Quality of work** | * When presented with routine situations, performs relevant competencies in a manner consistent with generally accepted standards in the profession (for safe, effective, ethical practice)
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| **Productivity** | * Prioritizes professional activities and meets deadlines
* Meets learning activity expectations
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| **Insight** | * Selects and performs competencies in an insightful manner
* Anticipates what outcome to expect in a given situation, and responds appropriately
* Recognizes unusual, difficult to resolve and complex situations that may be beyond his/her capacity, and takes appropriate steps to address them (e.g., consultation, supervision/mentorship, reviewing research literature, referral)
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| **Independence** | * In earlier stages of learning (or when in unfamiliar or complex practice environments), works in close consultation with advisors/instructors, taking on independent roles whenever appropriate
* In later stages of learning, works more independently, requiring general supervision only
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| **Performance Criteria Assessment Guide****Note:** * Ratings of 2 and 3 meet program requirements for successful completion
* Given that you are still learning, minor performance gaps (related to quality of work, productivity, insight and/or independence) can be expected as you work towards performance improvement
 |
| **1** | **2**  | **3** |
| DOES NOT MEET criteria,MAJOR performance gaps | MEETS criteria, MINOR performance gaps | MEETS criteria,NO IDENTIFIED performance gaps |

| **COURSE LEARNING OUTCOMES SELF EVALUATION** |
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| 1. **Demonstrate knowledge of:**
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| * 1. principles of effective nutrition communication
 | * 1. dietitian roles in varied clinical and community work environments
 | * 1. skills and attributes needed for dietetic practice
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| **Assessment of Student Performance (see Performance Criteria, p. 2)****STUDENT Self-Assessment** **Reflections:*** ***What?*** **Describe what you learned and how.**
* a) Learned the importance of bringing a non-biased, and open mind when partaking in all forms of nutrition communication. This was learned through numerous activities in the course including the volunteer counselling session, the consumer focused article writing, job shadowing opportunity, the group education assignment, as well as a number of the lectures such as those on effective counseling techniques.
* b) I furthered my knowledge on how varied the roles of Dietitians can be. I gained futher insight into this mainly through my job shadowing opportunity and discussions with an out-patiet Dietitian at Burnaby General hospital, and also through the numerous presenters we had throughout the course, all of which had very different roles and experiences.
* c) I gained a greater appreciation for the skills and attributes needed by a Dietitian. Through this course I further recognized the importance of empathy, effective listening and communication skills. I feel that I gained a further appreciation for the importance of these traits through the job shadowing opportunity where I was able to sit in on a couple counselling sessions with patients, as well as my own experience with the volunteer counselling session.
* ***So What?*** **Interpret why this is significant.**
* a) The importance of a non-biased and open minded approach is very important when partaking in all forms of nutrition communication to ensure that the client or consumer receives the best possible nutrition advice. Especially in a counselling session it is important as a Dietitian to remain unbiased to ensure that the client feels comfortable and willing to open up and trust the Dietitian to help them with their nutrition issues. Remaining unbiased and open minded will provide the best experience and outcome for both the client and the Dietitian.
* b) I feel as though having knowledge of the full scope of positions in the Dietetics field is very important when it comes to finding the position best suited for each individual. Different people have different strengths, and having a deep understanding of the different roles in the field enable people to chose positions best suited to their strengths where they will be able to make the greatest difference.
* c) The importance of demonstrating empathy and effective listening and communication and listening skills I believe is at the core of being a successful Dietitian. Having and demonstrating these skills will enable in the development of good rapport and relationship with clients to enable effective and successful counselling. This is also important in the writing of articles as the authors tone and outlooks can often be conveyed through their writing style. Thus I feel the demonstration of these traits are important for all areas of the Dietetics for both counselling and producing written materials.
* ***Now What?*  Discuss how will you will address knowledge gaps and continue to build your knowledge from here.**
* a) I believe that my lack of experience in counseling has limited my development in areas of remaining unbiased and open minded in a professional setting. I plan to continuing to improve in this area by partaking in any communication opportunities I can in a professional setting (such as counseling sessions or other related course work) and work on maintaining an unbiased and open mind. These are skills I will continue to work on throughout the rest of my education, as through out my career as a Dietitian.
* b) I feel as though I have been able to further my knowledge of the different roles Dietitians have. I believe that I have been able to expand my knowledge of the roles of Dietitians in clinical settings, but I believe that my knowledge of Dietitians role in public health an managaement is still limited. I plan on filling this gap by seeking out job shadowing and volunteer opportunities in these areas.
* c) In regards to demontrating empathy and effective communication and listening, I believe that throughout my time in this program I have been able to improve these skills. Although I am more confident in my abilities in these areas, I still feel as though this is an area I can improve. I plan on addressing this gap but continuing to actively participate in all class activities, as well as being concious of how I communicate with people in my daily life.
 | **INSTRUCTOR Assessment** ***Comments:****
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| 1. **Apply nutrition counselling principles with a generally healthy volunteer, including:**
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| * 1. concepts involved in the nutrition counselling process (including session planning, rapport building, assessment, summarizing and advising); and
 | * 1. techniques for effective counselling (including active listening, use of open ended questions, affirmation, empathy, rapport-building, negotiation, and rolling with resistance)
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| **Assessment of Student Performance (see Performance Criteria, p. 2)****STUDENT Self-Assessment** **Reflections:*** ***What?*** **Describe what you learned and how.**
* a) I learned the importance of the councelling process and the role that each step plays in the counseling session.
* In my couseling session the importance of having a road map planned out was very useful. Without it the counseling session would have lacked direction and could have easily gone off track.
* *I learned the importance of developing a rapport with my client. I was able to do this by starting out by introducing myself, and starting off the session rather informally by asking how the drive was and how the persons day was going before getting started on the counseling session.*
* *This experience also introduced me process of assessing, summarizing and advising a client. I was able to do this throughout the counseling process by paying close attention to what my client was hoping to get out of the session and ensured that I summarized these goals at the end to ensure that they were what they were what was of greatest interest. I took this information and ensures that this was the focus of developing an outline for the advising session.*
* *b) This experience also taught me many of the techniques of effective counseling including active listening, using open ended questions, affirmation, empathy and rapport building.*
* *I was conscious throughout the counseling process of ensuring that I used active listening to reflect back with the client to ensure that I was understanding what she was saying.*
* *I also ensured that I used mainly open ended questions in an empathetic and affirming manner to get as much information as I could from the client so that I would be able to help her best, and to also continue to build a rapport throughout the counseling session.*
* ***So What?*** **Interpret why this is significant.**
* a) The importance of the counseling process became evident as I was counseling my client.
* The model of having a road map planned before the session, with some guidelines on what questions to ask. This was important as it ensured that the session stayed on track and the correct types of questions were asked so the information given in the advising session was relevent to what the client was hoping to achieve.
* Developing a rapport with the client is significant to ensure that the client feels comfortable to open up and share information with the Dietitian. This allows the Dietitian to gain the trust of the client to gain a deeper level of information which enables a richer counselling experience.
* The steps of assessing, summarizing and advising is important to provide a complete couselling experience. Assessment and then summarization of what the client has said is important to ensure that both the dietitian and client are on the same page in regards to the goals. This allows the advising to be centered around those goals and ensure that the client feels that the experience was worth while.
* b) The use of active listening, open-ended questions, affirmation, empathy and rapport building work synergistically to allow the session to remain client focussed.
* Using open-ended questions, active listening, and building a rapport in a affirming and empathetic nature is important to ensure that the client feels as though they are being listened to, and are the focus of the session. Using these techniques allow the Dietitian to build a comfortable relationship with the client, keeping their need at interests as the main focus.
* ***Now What?*  Discuss how will you will address knowledge gaps and continue to build your knowledge from here.**
* a) The nutrition counseling assignment as well as the class lectures on the topic were my first introduction to nutrition counseling principles.
* Because this knowledge ir relaively new to me, I feel as though there is room for me to improve in becoming more comfortable and competent with using the principles.
* I will address this gap by continuing to actively participate in class activities, as well as working on these skills throughout internship and into my career.
* b) The techniques for effective councelling was also a new topic for me coming into this course, and I believe is an area that I can become more competent in using
* I plan on addressing this by continuing to use these counseling techniques whenever possible, whether it be in class work, during internship, or in daiy life.
 | **INSTRUCTOR Assessment** ***Comments:****
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| 1. **Prepare a consumer focused article using principles of effective writing including:**
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| * 1. write clearly and concisely, in a manner responsive to the needs of readers;
	2. write in an organized and logical fashion;
 | * 1. provide accurate and relevant information; and
	2. edit for style, spelling and grammar.
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| **Assessment of Student Performance (see Performance Criteria, p. 2)****STUDENT Self-Assessment** **Reflections:*** ***What?*** **Describe what you learned and how.**
* a) Writing clearly in a manner to address the audience is important to effectively communicate the information at hand.
* We were able to do this by looking at who would be the main target audience of our article was, and brainstorming what it might be that they would be most interested in learning from the article and focusing the content and style of the article around this.
* b) From the writing experience the importance of writing in an organized and logical fashion became important.
* We addressed these concerns by reflecting back on what we had written often, and trying to assess it through the readers prospective of whether it would seem clear or obscure.
* We also had other people read it throughout our writing process to ensure that it was logical and organized.
* c) It is of the utmost importance that the information we included in the article was accurate and relevant.
* To address this, we ensured that the information we were including was from reliable sources, and that it directly connected back to our topic.
* d) Editing for style, grammar and spelling was a great consideration for my partner and I in the writing process.
* This was addressed by us keeping in mind to keep the writing at a grade six reading level, and undertaking multiple editing sessions. We also sent our article to a number of different people for proof reading and editing.
* ***So What?*** **Interpret why this is significant.**
* a) Addressing the audience by making the writing concise and clear is important to ensure that the intention of the article is being conveyed.
* Considering who the intended audience is and centering the writing process around this is important to ensure that the article is effective in reaching the target.
* b) Writing in an organized fashion is also important in being effective in successfully conveying the information to the target audience.
* It is important that a piece of consumer writing not be disorganized, or include complex concepts or jargon and this will decrease the success of article achieving its intended purpose.
* c) Including accurate information is important so that the spread of false information is limited.
* Accurate information is important to maintain the credibility of the author and or association and to ensure that potential adverse affects of false information are avoided.
* d) Ensuring appropriate style, spelling and grammar is important to effectively communicating information to the target audience, as well as maintaining a sense of credibility and reliability of the information by having a professional tone and proper spelling and grammar.
* ***Now What?*  Discuss how will you will address knowledge gaps and continue to build your knowledge from here.**
* a) Though I do not feel as though I have a kowledge gap in regards to writing clearly and consisely, I do feel that this is an area I can continue to grow in and develop my skills by partaking in article writing activities targeting diverse audiences in future courses and in my career as a Dietitian.
* b) Writing in an organized fashion I believe is an area I am quite comfortable with. Although I am comfortable in this area, I will continue to further my knowledge in afasion similar to that mentioned in part (a).
* c) Ensuring that the information included is accurate and relevant is an area that I believe I could improve in. Although I am very concious of only using credible sources, I believe that my knowledge of where to look for information is still quite limited.
* I will address this by looking for different reliable resources such as PEN through future course work , internship, and through collaberation with my fellow collegues.
 | **INSTRUCTOR Assessment** ***Comments:****
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| 1. **Contribute to the learning of others:**
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| * 1. Collaborate with partner(s) to plan, deliver, and evaluate education sessions for two target audiences (elementary students, fellow classmates).
 | * 1. Utilize key concepts in education session planning, including:
		+ assess the prior knowledge and learning needs of others
		+ select and implement appropriate educational strategies
 | * + - select and/or develop learning resources
		- establish and assess learning outcomes
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| **Assessment of Student Performance (see Performance Criteria, p. 2)****STUDENT Self-Assessment** **Reflections:*** ***What?*** **Describe what you learned and how.**
* I learned that creating a workshop for a grade five class is much different than creating one for fellow classmates. I learned this by having to look at the planning process from the lense of a grade five student to ensure that we were able to accurately access their previous knowledge, and to ensure that the content was age appropriate.
* Designing a lecture as a group for fellow classmates was a great experience that furthered my learning in regard to working in a group towards a common goal. Working together as a group further demonstrated to me the importance of effective collaboration to develop a successful presentation.
* ***So What?*** **Interpret why this is significant.**
* Learning to develop lectures and workshops for different age groups is an important skill to have as a Dietitian.
* Being able to effectively create workshops and courses for different age groups enables dietitians to expand the audience we are able to effectively communicate with.
* Having such skills will enable me to work in mutltiple areas as a dietitian thus expanding my options of potential career options.
* ***Now What?*  Discuss how will you will address knowledge gaps and continue to build your knowledge from here.**
* My greatest knowledge gap in this area would be a lack of experience communicating and creating workshops for a younger audience.
* I plan on addressing this by partaking in more volunteer opportunities working with younger children by getting involved in events such as summer camps or workshop planning.
 | **INSTRUCTOR Assessment** ***Comments:****
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| 1. **Consistently demonstrate ICDEP professional practice, communication, and collaboration competencies, including:**
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| * 1. practice within limits of individual level of professional knowledge and skills;
	2. address professional development needs
	3. use a systematic approach to decision making;
	4. maintain a client-centered focus;
 | * 1. manage time and workload effectively;
	2. select appropriate communication approaches;
	3. use effective written communication skills;
	4. use effective oral communication skills;
 | * 1. use effective interpersonal skills;
	2. contribute to the learning of others;
	3. contribute productively to teamwork and collaborative processes; and,
	4. others as applicable.
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| **Assessment of Student Performance (see Performance Criteria, p. 2)****STUDENT Self-Assessment** **Reflections:*** ***What?*** **Describe what you learned and how.**
* I believe that I learned the importance of a,c, and d through the nutrition councelling expereice. Through out this experience I learned how important it is to only council within your field of knowledge.
* This experience also gave me an opportunity to work on maintaining a client centered focus and gave me an appreciation for how useful this is as a model for effective counseling.
* The importance of systematic decision making became important in the process of gathering resources for my follow up counseling session.
* The course as a whole I believe heped me address the a, e, f, h and i
* The fast paced nature of the course helped to further develop my time management skills enabling me to complete all assignments on time, and to a high standard.
* The communication with various professionals including multiple dietitians and teachers futhered my appreciation for the importance of utilizing appropriate communication methods, as well as having effective interpersonal skills.
* The opportunity to write a consumer based article was instrumental in developing my written comunication skills.
* Bothe the Nutrition Workshop we planned as well as the Group Education assignment
* These oportunities gave me an appreciation for how we as dietitians can influence the learning of others, and how effectively working as a team can achieve results much greater than any one person could alone.
* ***So What?*** **Interpret why this is significant.**
* I think it is important to understand our individual scope of knowledge to ensure that we do not stretch ourselves beyond our means, to ensure that our clients receive the best advice possible.
* It is important to recognize when a session goes beyond our scope of knowledge and when we may need to refer a patient to another professional.
* Systematic decision making is important to ensure that we stay on track as we our counseling or designing courses, to ensure that we do not overwhelm ourselves, or our clients with information.
* The importance of being able to manage multiple tasks simotaneously is instrumental to being successful as both a dietitian, and in life.
* I believe that of all of the objectives listed above, one of the most important is being able to communicate effectively through different means to a varied populaiton .
* This is important to ensure effective communication with clients, communicating and building strong working relationships with collegues and to convey your ideas effectively through through the writing of articles and other literature.
* ***Now What?*  Discuss how will you will address knowledge gaps and continue to build your knowledge from here.**
* Of all of the objectives listed above I believe my biggest gap lies in the addressing professional development needs.
* I Believe that this is something that will develop over time, so I plan to continue to work on this as I complete my education and move into my career.
* I will also continue to develop my communication and collaberative skills throughout the rest of the program and into my career.
 | **INSTRUCTOR Assessment** ***Comments:****
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| 1. **General comments related to your learning experience with this course format (optional):**
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| * Overall I thoroughly enjoyed both the layout and the content of this course.
* I liked how the course was not all centered in the classroom ,and got us out into the community through job shadowing, councelling and carrying out workshos in elementary schools
* My only critique of the course is that I thought it was far to compressed. I feel as though it would be more benificial to have this course span and entire semester, with more opportunities to get into the community and familiarize ourselves with the councelling process, rather than putting the whole course into three weeks.
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| **ASSESSMENT OF SUCCESSFUL COMPLETION OF COURSE** |
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| To pass the course, students must:1. attend all scheduled classes (please arrange personal appointments and activities so you can be in class (or available for course-related activities); if you are seriously ill or have a similarly significant reason for being absent, contact course instructor);
2. be punctual (it is unprofessional and disruptive to arrive late);
3. actively participate in course activities;
4. contribute in an equitable manner to assigned group work;
5. complete all assignments to a professional standard (stated criteria met); and,
6. demonstrate professional behaviour at all times, in accordance with [Policy 1.15](http://dieteticsinternship.landfood.ubc.ca/dietetics_internship_docs/02%20-Policies%20and%20Procedures%20/1.15%20Professional%20Behaviour%20Dec%206%2011.pdf) and the document, [*Required Skills and Abilities for Students in the UBC Dietetics Major*](http://dietetics.landfood.ubc.ca/files/2013/03/Required-Skills-and-Abilities-for-the-UBC-Dietetics-Major-July-6-11.pdf))

**In your opinion, have the requirements of the course been met?** |
| **STUDENT Self-Assessment** ***Comments:***I believe that I have been able to fulfill the objectives of this course. I have attended all classes, and ensured that I was on time. I also tried to actively participate and contribute in class activities and discussions. In regards to both working in groups and class I was concious of ensuring that I participated a fair amount without being overbearing or detracting from the inputs of other group members. I ensured to complete all assignments on time by following the criteria and maintaining a professional tone throughout my assignments. Lastly, I believe that I was successful in maintaining professional behavior at all times both in the class and out in the community. Overall I believe that I was successful in fulfilling the learning objectives of the course.  | **Instructor Assessment** ***Issues Requiring Follow up:***     ***Comments:***     **Date:**      **Course Instructor:**       |

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