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NURS 180 002

Final Reflection About Greatest Course Learnings

Almost every student in the classroom has asked themselves, “How can this possibly help me in the real world?” This question often is asked out of annoyance in response to all the seemingly “irrelevant” information we are taught. In reflecting on my experience taking NURS 180 this semester, I am pleased to say that I never asked myself that question. If anything, I believe that this course should be a class that every student, regardless of faculty, should take. As a first-year university student I found myself in my first semester struggling to find balance between school, work, my relationships, a social life, and other responsibilities. I was extremely overwhelmed and stressed with trying to do everything. In my relentless attempts to accomplish everything that needed to be done, I felt myself burning out. As I learned in this class, the cause of my burn out was simply because I did not have any healthy way to help me cope with stress. I did not know how to properly carry my heavy load. In comparing how increasingly easier I was able to carry life’s responsibilities in semester two than one, I owe my success to NURS 180.

The meditations we did in the beginning and end of each class is my most remarkable take-away from this course. It was from this class I learned how impactful just five minutes of silence can be in your day. In these five minutes of being still and closing my eyes I learned how to sort through my thoughts, my stress, and be in a state of gratitude. Through taking a few moments to focus on breathing and my energy I found that a lot of my stress was predominately from stressing over how much stress I was going through! All my thoughts

were fixated on overwhelming and stressful feelings, thus causing me to feel even more pressure than I even had to begin with. After understanding the harm I was putting myself through, I began to incorporate mediating in my daily life. I began to meditate in the mornings, before a long study session at the library, on the bus, and before sleeping at night. From adjusting my mindset and thoughts I was better suited to cope with my stress. It was not necessarily the weight of my responsibilities that were the problem, but the way I was carrying it.

The noticeable energy and attitude change I had in semester two was even noticed by my closest friends. I was taking one extra course and working more hours, yet I was able to carry it all with much more grace. I began to share with my friends what I was doing differently, and sending them links to some of the guided meditation Youtube videos we would exercise in class. My friends like myself, found meditation to be an incredible stress reliever and were greatly encouraged by it.

I am feeling very grateful for NURS 180 and happy that I was able to partake in such a unique course and class environment. Everything taught in class was life applicable unlike most of my other courses. It helped me succeed in my other classes and in other facets of my life. I learned about how important it is to have a healthy way to cope with stress, like meditation, in order to prevent yourself from burning out. Especially with this epidemic of COVID-19, I have been frequently exercising meditation in my home, and feel much more at ease. I am very grateful for NURS 180 and all that I have learned. I hope that this course will continue on and help many more UBC students as well as be implemented in other post-secondary institutions.