Reflection

Prompt

The co-curriculum is designed to complement, augment, and/or advance what is learned in the classroom and your IPPEs/APPEs. At the end of each semester, you will reflect on your experiences and growth in each of our co-curricular pillars. Your reflection should tell the story about how you have developed this semester. Where possible, we hope that you can share how your co-curricular involvement has helped to shape you. While you may or may not have had co-curricular experiences related to each domain, you can still grow in unexpected ways! Or, you can identify future directions where you should grow. Thus, for your assignment, **you will reflect on each of the five (5) domains** even if you did not attend an event this semester relating to that specific domain. The questions below will stimulate your thinking in this reflection. All reflections must be professionally written with proper grammar and style. Reflections must be a minimum of three pages typed.

Questions to Stimulate Thinking

*These are intended to drive your thought process. Please note that you do **NOT** have to address each of these questions.*

Reflection Sections	Example questions and suggestions to guide your thoughts
Leadership and Professionalism	• **What are the characteristics that reflect leadership? [CAPE 4.2.1]** • **What do you learn about promoting teamwork as a leader? Describe how leadership skills were used by others during this activity. How do they compare to your own leadership skills? [CAPE 4.2.3]** • **What did you learn about how you can empower your team members to be successful? [CAPE 4.2.5]** • ***How has my leadership grown or been challenged in pharmacy school through attending co-curricular events ?*** • ***How do you hope to lead and influence others as a pharmacist? How has that changed this semester?*** • **What unexpected perspectives about leadership did you learn this semester through co-curricular activities?** • **What strengths or areas of improvement in your leadership skills were revealed through co-curricular activities?** • **What is professionalism and how do I hope to demonstrate this as a Christian pharmacist? CAPE 4.4.1]** • **What personal or professional strengths or interests did you discover in yourself as a result of the co-curriculum this semester? What personal or professional development areas did you identify for improvement? What will you do with this awareness? [CAPE 4.4.2]** • **Reflect on how the co-curriculum this semester contributed to your development as a pharmacist and what future goals you have as a result of what you have learned or experienced. [CAPE 4.4.2]** • *What ways did these events change your thinking towards your personal/professional life and exhibiting behaviors and values consistent with the trust given to you by patients, other healthcare providers, and society? [CAPE 4.4]*

Interprofessional Collaboration	• **Describe a co-curricular event where you worked as part of an interprofessional healthcare team. How did you and your team establish your respective roles and responsibilities on the team, and communicate effectively with each other to make team-based decisions to optimize the care of your patient (s)? [CAPE 3.4.2, 3.4.3]** • ***Describe what you learned about another health professional's practice setting. How might this modify how you interact with this profession in the future? What might foster the effectiveness of the team? [CAPE 3.4.4]*** • **What professional advice or perspectives did that individual share that facilitated your growth?** • **How did the interaction expand your professional network, raise unanswered questions, or stimulate curiosity about the profession?** • **Is this relationship valuable going forward?** • **What actions might you take moving forward from the information gained from the events or from the experiential learning?** • **How have the co-curricular events that you have attended given you perspective on your experiential rotations?** • ***What might you do to enhance your relationships with other healthcare professionals to establish mutual respect and shared values? [CAPE 3.4.1]***
Advocacy and Inclusivity	• **Discuss the importance of advocacy for the profession.** • ***How should pharmacists better advocate for their patients? [CAPE 3.3, 3.3.3]*** • ***What challenges do patients face in navigating the healthcare system, and how can you assist patients in navigating them? [CAPE 3.3.2]*** • **How do you plan to become involved in advocacy?** • **Discuss the importance of inclusivity in light of God's kingdom.** • **How can our worldview influence how we care for and respect all of our patients? [CAPE 3.5.2]** • **Describe a time at a co-curricular activity when you had an opportunity to demonstrate professional behaviors and values that are expected of pharmacists. What were the behaviors and values and why are these important to establish trust in pharmacists?** • ***How can pharmacists demonstrate inclusivity when providing patient care to others from diverse backgrounds? [CAPE 3.5.2, 3.5.4]*** • **Reflect on a co-curricular event that addressed an aspect of the social determinants of health (SDOH). How do the SDOH impact patient access to care? [CAPE 3.5]**
Innovation and Entrepreneurship	• **Has this experience challenged your thinking about the role a pharmacist has in innovation or entrepreneurship? Why or why not?** • **What aspects of entrepreneurship were displayed during this activity?** • **Reflect on why innovation and/or entrepreneurship is important in pharmacy.** • **Think about a time when you faced a challenge during a co-curricular event. How did you demonstrate initiative in addressing the challenge? If you didn't, then what might you do differently to take ownership of the challenge? [CAPE 4.3.1]** • ***What aspects of being entrepreneurial come easily for you? What are areas that are weak for you? What might you do to develop in this area? [CAPE 4.3.4]***
Spiritual Growth and Service	• **How do I view the profession of pharmacy in light of my worldview?** • **How has your service challenged your walk with God?** • ***What change in my life does God want me to make so that I can better serve him personally and professionally? [CAPE 4.1.3, 4.1.6]***

	• **How could I love others better in my daily life as a future pharmacist?** • **What did you find most challenging about this experience? Why? How might you approach a similar activity or interaction differently in the future? [CAPE 4.1.1, 4.1.6]** • **Describe a meaningful interaction you observed or had with a patient, caregiver, community member, or health care provider that caused you to reflect on how you could provide better health education or community service in the future. What did you notice or experience about communicating with those individuals, especially those that may appear different than yourself? [CAPE 4.4.3]** • ***What role do the social determinants of health play in facilitating or limiting service? [CAPE 4.4.3]***

Categories	Mastery – 5 points	Advanced – 4 points	Intermediate – 3 points	Novice – 0 points
Leadership and Professionalism (1) Seeks to understand your own leadership and professionalism qualities and those of pharmacists (2) Examine growth and areas for improvement (3) Determine a plan to grow or develop	Reflection clearly addresses at least one of the prompts provided.	Reflection somewhat addresses at least one of the prompts provided.	Reflection briefly addresses at least one of the prompts provided.	No discussion included
Interprofessional Collaboration (1) Seeks to understand your role collaborating with other healthcare professionals as part of patient-centered care, communicating effectively and developing mutual respect. (2) Examine growth and areas for improvement (3) Determine a plan to grow or develop	Reflection clearly addresses at least one of the prompts provided.	Reflection somewhat addresses at least one of the prompts provided.	Reflection briefly addresses at least one of the prompts provided.	No discussion included
Advocacy and Inclusivity (1) Seeks to understand your role in advocating for the profession and for patients, how to care for and respect all patients, and how your faith intersects with advocacy and inclusivity. (2) Examine growth and areas for improvement (3) Determine a plan to grow or develop	Reflection clearly addresses at least one of the prompts provided.	Reflection somewhat addresses at least one of the prompts provided.	Reflection briefly addresses at least one of the prompts provided.	No discussion included
Innovation and Entrepreneurship (1) Seeks to understand your role in innovation and entrepreneurship and the importance of innovation and entrepreneurship in the profession. (2) Examine growth and areas for improvement (3) Determine a plan to grow or develop	Reflection clearly addresses at least one of the prompts provided.	Reflection somewhat addresses at least one of the prompts provided.	Reflection briefly addresses at least one of the prompts provided.	No discussion included
Service and Spiritual Growth (1) Seeks to understand how your spiritual life informs your worldview (including the ideas of people, health, illness, or the body), and connects to service. (2) Examine growth and areas for improvement (3) Determine a plan to grow or develop	Reflection clearly addresses at least one of the prompts provided.	Reflection somewhat addresses at least one of the prompts provided.	Reflection briefly addresses at least one of the prompts provided.	No discussion included
Returning to experience	Reflection provides a clear description of the semester chronologically and without any judgment	Reflection provides a clear description of the semester	Reflection provides a brief description of the semester.	Reflection does not provide a description of the event/ experience.

Attending to feelings	Reflection conveys personal feelings, thoughts (positive and/or negative) of the event/experience and relates to future personal learning.	Reflection conveys some personal feelings and thoughts of the event/ experience but does not relate to personal learning.	Reflection contains some evidence of personal feelings or thoughts.	Reflection contains no evidence of personal feelings, thoughts.
Integration	Reflection clearly provides evidence of integration of prior knowledge, feelings, or attitudes with new knowledge, feelings, or attitudes, thus arriving at new perspectives.	Reflection provides some evidence of integration of prior knowledge, feelings, or attitudes with new knowledge, feelings, or attitudes, thus arriving at some new perspectives.	Reflection provides little evidence of integration of prior knowledge, feelings, or attitudes with new knowledge, feelings, or attitudes, thus does not arrive at new perspectives.	Reflection shows no evidence of integration of prior knowledge, feelings, or attitudes with new knowledge, feelings, or attitudes, thus not arriving at new perspectives
Outcomes of reflection/Transformative action	Reflection clearly shows evidence of reflection and clearly states: 1) A change in behavior or development of a new perspective as a result of the experience 2) Ability to reflect on own task, apply new knowledge, feelings, thoughts, opinions to enhance new future clinical pharmacy experiences 3) examples	Reflection shows some evidence of reflecting on own work, shows evidence to apply new knowledge with relevance to future practice for improvement of future pharmacy practice. Occasionally provides examples of possible new actions that can be implemented.	Reflection shows some evidence of reflecting on own work, shows evidence to apply new knowledge with relevance to future practice for improvement of future pharmacy practice. Does not provide examples of possible new actions that can be implemented.	Reflection contains no reflection on own work, does not show how to improve knowledge or behavior, and does not provide any examples of future improvement
Spelling and grammar errors	No grammatical or spelling errors	Few (1-5) spelling or grammar errors	Some (6-10) spelling or grammar errors	Many (>10) spelling and grammatical errors, use of incomplete sentences, inadequate proofreading
Page Length Requirement	Reflection is 3 or more pages			Reflection does not meet the minimum pages required