

## REFLECTION AND JOURNAL GUIDELINES

Reflective journals are used to:

- Promote self-awareness and dialogue between students and instructors
- Expand knowledge base in psychiatric/mental health nursing
- Process and “make sense of” the experience in the psychiatric mental health clinical by providing a forum to discuss feelings and thoughts in relationship to clinical experiences
- Acknowledge changes in clinical performance/personal growth during the clinical experience.
- Develop critical thinking skills used to analyze and to integrate clinical concepts to practice
- Increase observational, assessment and recording skills

Guidelines for journals:

- **Journal entries contain confidential information** to be shared between you and your instructor and should be treated as such. Use only the initials of clients who are referred to in your journal entries.
- Journal entries must be submitted in a folder with a nontransparent cover. Entries should be typed. Label each page of your journal entry with your name, and number the pages of each journal entry and date. Use journal entries returned by your instructor, for reference throughout the semester.
- Journal entries should be written in a timely manner, complete soon enough to prevent forgetting of events and their meanings while allowing sufficient time for reflection.
- Clinical instructors will provide written feedback on journal entries. ***A clinical instructor may require a written response to questions posed in feedback on journal entries.***
- See first and final journal guidelines.

First journal entry: Introduction

Address the following areas:

- Describe any experience you have in mental health or with someone with mental illness.
- What is your view of mental illness and persons with mental illness?
- Discuss any concerns you have regarding this clinical.
- Identify personal & academic/professional goals for the clinical.

Final journal entry:

# Reflective Journal Example Mental Health

**Merryl Harvey, Lucy Land**



## **Reflective Journal Example Mental Health:**

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