

Observe, Process, Reflect

Student's Name

Institutional Affiliation

Week 1 Journal: Observe, Process, Reflect

When I first learned about the Health Assessment course, I felt a mix of excitement and anxiety. My initial excitement stemmed from my keen interest in honing my clinical skills, while anxiety arose from the anticipated workload and balancing it with other commitments. This course is crucial for my academic and career goals as it builds foundational skills for effective patient care.

Reflecting on my strengths, I excel at establishing rapport with patients and thoroughly collecting health histories. However, I sometimes struggle with summarizing patient histories and asking sensitive questions. In physical examinations, I am proficient in several techniques and remain calm under pressure. Nonetheless, I occasionally feel uncertain in interpreting findings and lack experience with specific procedures.

Through this course, I aim to master essential assessment skills and deepen my understanding of pathophysiological processes. To overcome potential challenges, I plan to adopt effective study techniques, seek peer support, and utilize available resources to ensure a successful learning experience.