

You received a hard copy of the Independence Rubric in class. On the electronic version, highlight the descriptors that describe where you are right now in self-direction, communication, and problem solving. Fill in the column for each band with specific evidence to support your self-assessment.

Now, write a reflection related to the rubric you just completed. Questions to guide your thinking: Are you consistently "at goal" in all aspects? Are there certain criteria where you are very strong and others where you are weaker? If so, why? What makes some of the criteria more challenging for you, personally, than others? What related short-term goals do you have for yourself? What are your next steps?

Reflecting back on the rubric, I see that I am consistently in the goal range. When it comes to doing my work and being prepared, I am at goal level. This is the criteria where I am strong because I manage my time well and organize my week so that I can get everything done on time. I would say the place where I am weaker is setting goals for myself. I have never been good at setting specific goals for myself which is the same case here. I struggle to create goals for myself, especially for my research which is the biggest part of the project. At the beginning of the year I was good at reflecting in my annotated citations about how different articles helped me and what research I still needed to do. Now I find myself not doing this as much and instead when I am trying to find another article I just look through articles to see one that related to any one of my three topics within my question. This brings me to thinking about my driving question. As I have done my research I realized that my driving question might be too broad. I am finding in my research that there is so much information within each of my topics of physical effects, psychosocial effects, and the role of nurses. Therefore, I think my next steps need to be looking at the research I currently have and see if I need to narrow my question. If this is the case, I need to determine what topic I'd narrow my question into. Also, I think it will help me a lot if I start being more consistent with reflecting in my annotations on how useful the certain article I read was and what my next steps need to be. This will keep me more organized and help me when I am trying to form my presentation and paper.