**Self-Reflection Essay: Assignment Instructions**

**For this assignment, we would like you to reflect on what you have learned during your time as a University of Delaware Simulated Patient in Healthcare Theatre class.**

  The following criteria should be included in you reflective  self-evaluation essay. Please provide at least **ONE** example gleaned from your participation in this class for each component identified below: *(* *The questions following each category are meant to stimulate your reflective thinking. Please do not answer each and every question but, instead, use them as a jumping off point for your writing.)*

1.      Identify area(s) of personal and educational **GROWTH** that you experienced over the course of this past semester. Reflect on your work from the beginning of Healthcare Theatre class to the end. What areas did you find particularly challenging? Where do you think you experienced your greatest growth, both as a performer and as an individual learning about the healthcare system?

2.      Identify how **YOUR** **VIEWS** of healthcare and healthcare providers has been changed or altered out of your participation in this class. What, if any, were your assumptions about healthcare and how it gets “delivered” in this country? Did your assumptions change? What expectations did you have about being a patient? Or family member? Or physician? Were your expectations fulfilled or not? Relate what insights and realizations you had concerning those expectations.

3.      Describe **REAL APPLICATION EXPERIENCES**. How can you apply what you learned to other aspects of your personal life? Consider what you learned about giving and receiving feedback. Are there areas in your own life where you could use the feedback technique (or any other learning tools) that you learned this semester? (Empathy, listening, interpersonal communication skills are all considered “learning tools.”)

4.      Focusing on **ONE ROLE**, describe the arc of learning from the beginning of the casting, to the character observation (if you had any), to incorporating the written description of the character scenario, to rehearsal, performance and, finally, providing feedback. Include any research you did to learn more about your character’s diagnosis. Where, if any, did you experience gaps in your character preparatory work? What was unexpected as far as the learners (nurses, physical therapists, nutrition students, etc.) were concerned? Did you feel prepared to address surprises that may have been presented in a scenario? Was your preparation thorough enough or did you feel ill-prepared for some of the experiences? If that latter were true, how could it be corrected, either by your own work or addressed in the course itself?

Please attach your essay in a Word or PDF document to this Sakai assignment page using the following slightly modified MLA format

* please put your Name, Date, Class, and E-mail Address in the top left hand corner of the first page
* put your last name and page number at the top right hand corner of every page following the first
* be sure to double space your text with one inch margins all the way around the page. Use Times Roman 12 font
* utilize good organization and grammar

Length of paper: 3-5 pages