

Personal Reflection Journal Entry

5 pages | 1075 words

Throughout times of our lives we handle tension. For circumstances, we stress about things from home, monetary situations, and jobs also. I know in handled tension in the past and also handling it today. I attempt to discover numerous methods with coping with my stress by exercising or doing other things to reduce the excessive tension. The term stress is the reaction of people to stressors. Stressors are occasions that threaten people and tax their coping abilities. I remained in situations where my coping abilities were threaten. For example, in 2015 I was going through a time I had major damages to my automobile where I could not drive for practically 2 months. I didn't deal with it extremely well because I needed transport to get back and forth to work; I was quickly going to school as well. During the 2 months all I questioned was, how I was going to get my vehicle repaired and how was I going to come up with cash. By doing that made things worst. Another stressor I've dealt with was, handling being unemployed for 6 months. It was times I dealt with and other times I didn't do so well with it. I didn't stress about being jobless at the beginning because I was fine financially and if I could not discover anything I might constantly reapply to my previous employer in 2 months. Things got worst when I found out we were moving as soon as again and my mama didn't have the money she required to prepare to move once again and started to worry me. The reason why I because, don't like to see my mommy battle and as I embrace being the guy of home I begin fret about getting a job and developing the cash to assist my mommy out. I tried to attempt to get my old task back which I felt optimistic about the interview, however as I was waiting patiently for a call I never ever received one. So I decided to call them and they decided to go with another individual for the job. I was extremely disappointed and lost concentrate on other things I had to handle in my life. When I was faced with stressors, my body readies itself to handle the assault through a number of physiological changes. The term General adaptation syndrome (GAS) is the common effects on the body when stressors persist. The GAS of three stages: alarm, resistance, and exhaustion. My stress in my life caused me to loss my appetite at times, stayed to myself; and didn't want to talk about my issues. The stress on my Immune System didn't cope very well. On the job dealing with being critique and major task changes lead to having migraine headaches and a more sinus infections. Environmental Factors whether its big or small produces stress. Life events and daily hassles are things we deal with regularly. One of them is the lack of study-time I had when I first started college a couple of years ago. That came about by me working crazy hours at work and I couldn't...

Examples Of Journal Entries Reflection

**Elizabeth Tanguay, Peter Hanratty, Ben
Martin**



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Developing Reflective Practice Andy Grant, Judy McKimm, Fiona Murphy, 2017-04-11 The ability to reflect on practice is a fundamental component of effective medical practice In a sector increasingly focused on professionalism and patient centred care Developing Reflective Practice is a timely publication providing practical guidance on how to acquire the reflective skills necessary to become a successful clinician This new title draws from a wide range of theoretical and practical multidisciplinary perspectives to assist students practitioners and educators in embedding reflection in everyday activities It also offers structures and ideas for more purposeful and meaningful formal reflections and professional development Developing Reflective Practice Focuses on the developing practitioner and their lifelong learning and the development of professional identity through reflection Provides practical how to information for students practitioners and educators including realistic case examples and practice based hints and tips Examines and explains the theoretical and conceptual approaches to reflective practice including its models and frameworks

Reflective Writing for Nursing, Health and Social Work Elizabeth Tanguay, Peter Hanratty, Ben Martin, 2025-07-10 Fully revised and updated the second edition of this popular book provides a complete guide to reflective writing in nursing health and social work Straight forward and simply written chapters take the reader through the process of completing an assignment

Demystifying Critical Reflection Namala Tilakaratna, Eszter Szenes, 2024-01-24 Drawing on Legitimation Code Theory LCT this volume reveals the knowledge practices and language of critical reflection in a range of different subjects making clear how it can be taught and learned Critical thinking is widely held to be a key attribute required for successfully living learning and earning in modern societies Universities now list critical thinking as a key graduate quality and use critical reflection as a way of teaching students how to become reflective and ethical professionals Yet what critical reflection actually involves remains vague in research teaching practice and assessment Studies draw on LCT a fast growing framework for revealing the knowledge practices that enable educational success and the individual chapters focus on a diverse range of contexts across the disciplinary map including education science arts sociology and nursing The book further connects research and practice by presenting in depth analyses of critical reflection and providing practical insights into how LCT can be used to design pedagogic interventions The book offers a rich resource for both scholars and teachers who want to demystify critical reflection and prepare university students for the modern workplace

Applying Standards-based Constructivism Pat Flynn, 2004 First Published in 2004 Routledge is an imprint of Taylor Francis an informa company

Developing Personal, Social and Moral Education through Physical Education Anthony Laker, 2002-01-04 Personal social and moral development through physical education and sport is a relatively under researched area Most teaching concentrates on the performance aspect of physical education while the National Curriculum requires teachers to address a number of non physical outcomes such as learning rules teamwork cooperation and competition This timely book redresses that balance by providing classroom practitioners

and student teachers with practical advice and tried and tested suggestions for activities and strategies to help them use physical education as an effective vehicle for the all round personal development of the individual Tony Laker pays particular attention to curriculum development planning units of work and lesson planning considering different types of assessment and suggestions on which forms are most appropriate for measuring programme effectiveness and the personal development of pupils the role of the reflective practitioner and a framework within which teachers can reflect on their practice Through using an extensive range of diagrams photos and bulleted lists Laker makes this guide a concise and accessible read giving practitioners the opportunity to extend and develop their abilities in teaching this subject Journal of Social Studies Research ,2002 **Student Guide to Accompany Educational Research** L. R. Gay,Peter W. Airasian,2000

Educational Research L. R. Gay,1996 With its goal of helping students become competent as both consumers and producers of educational research this text presents all the skills and procedures needed with a strong emphasis on evaluation of student performance The text offers comprehensive instruction that encompasses the full spectrum of the field Evaluation criteria are presented for each major research task included problem definition research planning sampling instrumentation methodology data analysis and research reporting **Assessing Student Understanding in Science** Sandra K. Enger,Robert E. Yager,2001 This is a great book It provides real examples for teachers school districts and teacher education programmes to assess science standards in the curriculum Fred Bartelheim College of Education University of Northern Colorado Greeley This book is packed full of different methods for assessing science standards It contains alternative assessments and rubrics It supports the National Science Education Standards of the National Research Council NCR and the guidelines in Science for All Americans of the American Association for the Advancement of Science AAAS There are also sections and ideas for teachers to evaluate their own curriculum and instruction against the standards and to improve them Examples created by practicing teachers are provided A Manual of Bookkeeping for the Use of Students J. Thornton,1910 **Journal of Physical Education, Recreation & Dance** ,2003 **A Practical Approach to Using Learning Styles in Math Instruction** Ruby Bostick Midkiff,Rebecca Davis Thomasson,1993 **Eighth Grade Students' Reflections on the Relationship Between Art, Culture and Self** Barbara Rogers Bridges,1996 **Techniques in the Clinical Supervision of Teachers** Keith A. Acheson,Meredith D. Gall,1992 *A Search for Reflective Thought in the Senior Student-teaching Seminar* Ruth Alma Koskela,1985 Elective Course: Systematizing and cost accounting: lessons B71-B90. External auditing: lessons D71-D80. C.P.A. coaching: lessons E71-E80. Credits and credit administration: lessons G71-G80 International Accountants Society,1919 **Journal of Cooperative Education** ,2001 *The Power of Culture* Zeynep F. Beykont,2002 The U S education system has been slow to respond to minority and ESL students in the classroom In this book educators learn how to effectively integrate language minority students to ensure achievement gap reduction **Language Teaching, Pedagogy, and Curriculum Design** Sepora Tengku Mahadi (Tengku),Thomas Voon Foo

Chow,2017 Annual Proceedings of Selected Research and Development Presentations at the ... Convention of the Association for Educational Communications and Technology Association for Educational Communications and Technology. Convention,

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