

## **I. "MY SYNTHESIS PRODUCT SHOWS THAT..."**

(adapted from the "Phases of research and engagement" in the Practicum course in the expectation that these are also relevant goals for students' work in moving towards the synthesis product)

A. I can convey who I want to influence/affect concerning what (Subject, Audience, Purpose).

I found it very helpful to have both an advisor and reader to provide suggestions and ideas to improve my synthesis project. The CCT program has provided the tools from both CCT 692 and 693 to help guide us through the process of writing our own synthesis project. Some things I am hoping to improve on are continuing free writing exercises and incorporate this as part of my personal life as well.

B. I know what others have done before, either in the form of writing or action, that informs and connects with my project, and I know what others are doing now.

The CCT program encourages us to research to find what others have done before us. This research is critical to provides valuable information on future directions. I really enjoyed the Action Research course because you first do the research and then implement the necessary changes to make something better, and then make the necessary revisions to improve the action. Something for me to keep in mind, is reflecting continuously on the whole process. This is something I must remind myself to do, and make this part of my personal life as well.

C. I have teased out my vision, so as to expand my view of issues associated with the project, expose possible new directions, clarify direction/scope within the larger set of issues, and decide the most important direction.

I have really enjoyed working on this synthesis this semester. I must keep in mind that this work is never done. This opportunity has provided me a chance to create my own Workshop for my staff nurses. This would be something new and challenging for me. I need to incorporate critical and creative ideas into my teaching style as well, and still a work in progress.

D. I have identified the premises and propositions that my project depends on, and can state counter-propositions. I have taken stock of the thinking and research I need to do to counter those counter-propositions or to revise my own propositions.

I need to trust in myself and allow things to take place. There are things that are out of my control and I need to go with the flow. I tend to like to control things, this is true of most nurses.

This synthesis has taken me in a different direction with the creation of my "The Conflict Management Workshop."

E. I have clear objectives with respect to product, both written and practice, and process, including personal development as a reflective practitioner. I have arranged my work in a sequence (with realistic deadlines) to realize these objectives.

I have set up a calendar with reminders for due dates on my projects and presentations with my expected goals and expectations. I did my very best to submit revisions to both my advisor and reader in a timely fashion. It is so important to stay focused, on track, and not fall behind.

F. I have gained direct information, models, and experience not readily available from other sources.

I really enjoyed working with Phyllis Kritek a few years ago and valued her opinion on my work. She provided great materials during her workshop that I still use as a reference.

G. I have clarified the overall progression or argument underlying my research and the written reports.

I am still working on the progression and flow of my synthesis, but it is coming together nicely. I did struggle with researching current programs in place for staff nurses and much to my surprise there was nothing available. I am still thinking that there is something in place somewhere, but nothing has been published.

H. My writing and other products Grab the attention of the readers/audience, Orient them, move them along in Steps, so they appreciate the Position I've led them to.

This synthesis project has helped me improve my writing skills with all the revisions. The suggestions from both my reader and advisor has made me think about things in a different light. I see things one way as a nurse, but my goal is to make things clear for anybody who reads my synthesis.

I. I have facilitated new avenues of classroom, workplace, and public participation.

This synthesis has made me bring forth new ideas to create my "Conflict Management Workshop" for my staff nurses. It has provided me an opportunity to share these ideas with my staff nurses and get more ideas from them to incorporate into my workshop.

J. To feed into my future learning and other work, I have taken stock of what has been working well and what needs changing.

I have taught some of the materials over the years for Post Anesthesia Care Unit (PACU) Competency Day. But can honestly say, I did not put the materials together, and this is

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opportunity is very exciting for me to teach something I have worked endless hours to put together for my staff nurses. I feel like I am giving back to my nursing profession, which has been very rewarding.

## **Exit Self-Assessment Questions:**

### **II. DEVELOPING AS A REFLECTIVE PRACTITIONER, INCLUDING TAKING INITIATIVE IN AND THROUGH RELATIONSHIPS**

1. I have integrated knowledge and perspectives from CCT and other courses into my own inquiry and engagement in social and/or educational change.

I must admit I have used my CCT in my nursing profession. This program has provided the support of life long learning and never stop asking questions. I was the Chairperson for the Nurse in Charge Forum at Brigham and Women's from 2008-2010. This program provided me the confidence to accept this position and put together great forums, including Phyllis Kritek.

2. I have also integrated into my own inquiry and engagement the processes, experiences, and struggles of previous courses.

I really struggled with CCT 692, Research and Engagement and I am not sure why. It started to be clearer during CCT 693, Action Research because I had been through this before. Now it all makes sense, if I only knew then what I know now, it would have been easier for me.

3. I have developed efficient ways to organize my time, research materials, computer access, bibliographies, etc.

I had the sad experience of my hard drive crashing during CCT 692 and lost most of my information. I learned from this situation and now back everything up and save it to my work email as well. I also use a portable hard drive and jump drives to store information. I have large binders with all my research articles and information for easy access. I plan my time accordingly because I work full time and must be organized and systematic with my assignments.

4. I have experimented with new tools and experiences, even if not every one became part of my toolkit as a learner, teacher/facilitator of others, and reflective practitioner.

I've had so many new experiences including learning new technology I might not have learned. I took numerous courses on the Mac computer and have applied these tools when writing my synthesis. I now take the time to reflect on prior experiences and think about what I could do differently the next time around.

5.

5. I have paid attention to the emotional dimensions of undertaking my own project but have found ways to clear away distractions from other sources (present & past) and not get blocked, turning apparent obstacles into opportunities to move into unfamiliar or uncomfortable territory.

It is important to pace yourself during this process. What worked for me was exercising and weight training. This really helped relieve stress and keep me more focused on what needed to be done.

6. I have developed peer and other horizontal relationships. I have sought support and advice from peers, and have given support and advice to them when asked for.

I love the buddy check-ins. This is a nice opportunity to discuss any obstacles, receive feedback, and provide support to one another. Something that was helpful the Sunday before our Public Presentations our group got together to practice and provide feedback. The support was great and it made it easier on Monday to present in front of the audience, feel confident, and prepared for questions. This is great for life long learning, which increases our foundation to grow on.

7. I have taken the lead, not dragged my feet, in dialogue with my advisor and other readers. I didn't wait for them to tell me how to solve an expository problem, what must be read and covered in a literature review, or what was meant by some comment I didn't understand. I didn't put off giving my writing to my advisor and other readers or avoid talking to them because I thought that they didn't see things the same way as I do.

This is something I did well. I made sure I was prepared in my writing and sending my revisions, allowing plenty of time for my reader and advisor to provide feedback. I did my best to make the revisions based on suggestions from my reader and advisor. I checked in with my advisor, Carol when something needed clarification.

8. I have revised seriously, which involved responding to the comments of others. I came to see this not as bowing down to the views of others, but taking them in and working them into my own reflective inquiry until I could convey more powerfully to others what I'm about (which may have changed as a result of the reflective inquiry).

I have taken my revisions seriously. I realize it is important to have feedback and this makes my synthesis the best it can be for my readers. My goal was to create a great finished product and I feel good as a result.

9. I have inquired and negotiated about formal standards, but gone on to develop and internalize my own criteria for doing work—criteria other than jumping through hoops set by the professor so I get a good grade.

I made sure I spent the time needed to work on my synthesis. I would close myself in my workspace and pace myself during the process. I kept telling myself just keep going and do the best you can, because no one can fault you for doing this.

10. I have approached the CCT synthesis course and the CCT program as works-in-progress, which means that, instead of harboring criticisms to submit after the fact, I have found opportunities to affirm what is working well and to suggest directions for further development.

I've come to realize that anything you do can be improved upon. The courses: CCT 692, 693, and 694 have been a continuation of conflict resolution for me to build on and keep on improving my workshops.