**NR451 iCARE Self-Assessment**

Please complete this self-assessment for NR451 as part of the Week 1 Journal Reflections and follow instructions there. This will be an item placed into your Chamberlain College of Nursing Portfolio.

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| **Topic** | **Never/****Strongly Disagree** | **Disagree** | **Neither Agree nor Disagree** | **Agree** | **Always/****Strongly Agree** |
| I am aware of my strengths and challenges *as a nurse*: | 1 | 2 | 3 | **4** | 5 |
| I am aware of my strengths and challenges *as a student:* | 1 | 2 | 3 | **4** | 5 |
| I communicate and collaborate well with colleagues *in the workplace:* | 1 | 2 | 3 | 4 | **5** |
| I communicate and collaborate well with colleagues *as a student:* | 1 | 2 | 3 | 4 | **5** |
| I take time to care for myself *in the workplace/at home:* | 1 | 2 | 3 | 4 | **5** |
| I take time to care for myself *as a student:* | 1 | 2 | 3 | 4 | **5** |
| I master change processes well and am flexible *in the workplace/at home:* | 1 | 2 | 3 | **4** | 5 |
| I master change processes well and am flexible *as a student*: | 1 | 2 | 3 | **4** | 5 |
| I take responsibility for my own learning *in the workplace:* | 1 | 2 | 3 | 4 | **5** |
| I take responsibility for my own learning *as a student:* | 1 | 2 | 3 | 4 | **5** |
| I am competent with using new information and applying it to my practice setting *as a nurse:* | 1 | 2 | 3 | 4 | **5** |
| I am competent with using new information and applying it to my practice setting *as a student:* | 1 | 2 | 3 | 4 | **5** |
| I feel empowered to succeed *as a nurse:* | 1 | 2 | 3 | 4 | **5** |
| I feel empowered to succeed *as a student:* | 1 | 2 | 3 | 4 | **5** |
| I have skills and knowledge to transform nursing practice *as a nurse:* | 1 | 2 | 3 | **4** | 5 |
| I have skills and knowledge to transform nursing practice *as a student:* | 1 | 2 | 3 | **4** | 5 |

Type your answers below:

How do I demonstrate care for colleagues/peers?

I go out of my way to personally help my colleagues and peers, both with work/education-related issues and with personal issues, whenever I can and to the extend of my abilities. I listen and try to relate with them, fully showing that we all have equal opportunities. I also show interest in their personal lives, including their families and significant others. I always ask how their significant others are doing.

Is this the same way I show care for patients? (Why? or Why not?)

I show care for patients in a similar way. I do not treat patients as objects. I see them as people with aspirations, friends and families, as well as feelings. As such, I try to connect with them beyond their diseases or healthcare problems. For example, I ask personal questions and comment on the things that they value to show that I care. Patients are partners in healthcare, and I accord them the same care I give my colleagues and peers.

How have instructors at Chamberlain show they care for me?

The one area in which I feel most vulnerable as a BSN graduate is?