

Critical Reflective Practice #4

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Experience

This past week at Providence Care, my classmate Brooke and I organized a game of Pictionary for the residents on the unit. This was the first time any of us students had taken the initiative to organize a group activity here, so there was a bit of pressure going into it. We set up the game and let the residents know when it would be starting. In the end, only four residents showed up, which was a little disappointing. Once the game got going, everyone playing (residents and students) seemed to really enjoy themselves. I would call the activity a success.

Reflection

What I was trying to achieve was to create a relaxed, low-pressure environment where residents could engage socially and have some fun. I hoped the activity would give us students a chance to interact with residents in a different way than we normally do. I was also hoping to gain a little experience with organizing/leading an activity.

Influencing Factors

A major factor influencing my decision to organize this activity was that I wanted to engage more with the residents. Brooke was a big help in getting everything set up! Her fun, energetic nature made the preparation easier and kept the activity moving. I could not have done nearly as well without her. The encouragement of the nursing staff was also an influencing factor. I was nervous going in, but it all went smoothly in the end.

Could I Have Done Better

Looking back, the nerves I carried into the activity were probably noticeable, and I think working on managing that anxiety would have made for a smoother experience overall. I could have told more residents about the activity ahead of time. I told a few, my classmates told a few,

and our clinical instructor wound up making sure everyone knew. Finally, I wish I had prepared a short introduction to welcome residents to the game at the start. Having something ready to say would have given the activity a more polished start.

Learning

The main thing I learned from this experience is that putting yourself out there and trying something new is always going to come with some nerves, but that is not a reason to avoid doing it. I was anxious leading up to the activity, but once we were all playing together and I could see the residents getting into it, all of that fell away. I also learned that taking initiative, even when it is unfamiliar territory, is a skill in itself, and one I feel more confident about now that I have done it once.