



Service-Learning Project The Doctors Office Experience

Rebekah Davis



Duties

- Assisted the nurses and doctors in helping their patients.
- Took patients' vitals, blood pressure, weight, temperature, and oxygen levels.
- Assisted with food preparation for the providers.

Reflection On Personal Growth / Insights gained Out in the Community

- The Service-learning project helped me elevate and excel
- Helped me become more of an extrovert rather than an introvert which is essential because my career goal is to become a doctor.
- The project helped me become better with my communication skills.
- It also helped me realize how much I love helping people.
- Insights that I gained in the community rather than in the classroom; responding to real-life crises that I would have to be quick on my feet to correct.
- There were instances where problems would occur, and I would have to find solutions to the issue independently.
- I wouldn't get hands-on experience working in a classroom.



Reflection On Various Biases and Stereotypes



- Assumed that the job would be straightforward when I first started.
- My volunteering title required more skill than imagined.
- Every week I got better.
- Every week I asked fewer questions than before.
- My experience can provide information to those in the public health and global health fields.
- Working hands-on in a service teaches you communication skills, analytical skills, interpersonal skills, problem-solving skills, teamwork skills, how to be imitative and flexible, and it also teaches you a strong work ethic
- Such skills are imperative for working in the public health or global health field to be successful.

Reflection On Leading Skills



- Project helped me to become a better leader.
- Never worked with people who were older than me.
- Different age groups share many differences; it takes other leadership techniques to guide different age groups.
- Even though I had no healthcare experience, used critical thinking skills to become a better leader.
- I was a leader in helping everyone to remain calm and find solutions to their problems

Influence on Personal Skills

- The service-learning experience has influenced my personal skills.
- Started with anxiety, after my first week, I learned how to be more outspoken.
- Became used to helping people and adapted to my environment



Reflection on Relational Skills

- Naturally, a person of compassion, understanding, and trustworthiness.
- Also, a listener, reliable, and I know when to show empathy and sympathy.
- I was the peacemaker in the building.
- Always knew what to say or what to do to make things and situations better.
- Employees would come to me for advice and comfort.
- I always got tasks assigned to be done promptly.
- The service-learning experience also changed my ability to relate to people.
- Volunteering at a doctor's office puts you in an environment with people of all ages.
- Taught me how to adapt and to relate to anyone I was around.

Reflection on Knowledge Gained

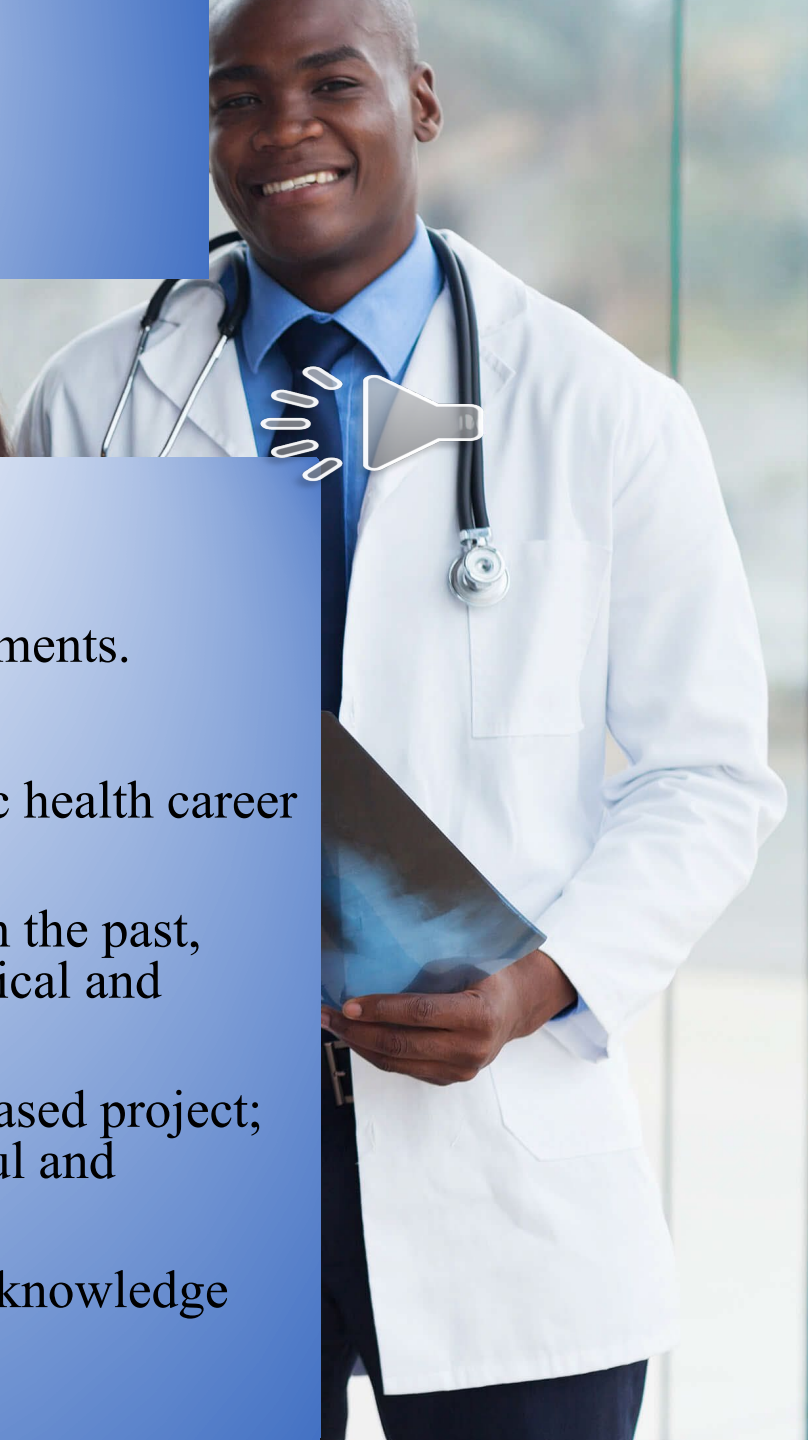


- I learned a lot of new things during my service learning which has increased my knowledge.
- Office helped expand my knowledge of medical terms.
- Learned how to perform clinical work.
- Learned over 20 different medications.
- Gained knowledge on how to collect vital signs, spot certain symptoms, and treat and prevent specific diseases.
- Benefits gained through service learning include enhancing new skills and developing new ones.
- Helped me strengthen my communication, leadership, and problem-solving skills, and I adapted initiative.
- I became flexible and learned interpersonal skills, something I don't think I would have learned in a classroom.

Reflection on effectiveness of Service



- My service-learning project was very effective
- I have grown and learned so much about myself.
- It helped me learn how to adapt to different environments.
- It was great hands-on work.
- I believe it will help me succeed in any future public health career I wish to attain in the future.
- I learned many reasoning skills that I did not have in the past, such as knowing medical terms and performing clinical and clerical work.
- For a service-learning initiative into a community-based project; researching interventions and programs can be useful and implementing them in service learning.
- I would document everything that I learned and the knowledge that I have gained at my site.



Reflection On Improvement of Community Systems to Serve the Public

- Improvements needed were my facilities' teamwork.
- The community I was in lacked trust.
- For a community and an establishment to be successful, there must be teamwork.
- Teamwork is an essential part of every organization.



Reflection is an Important Part of Service Learning

- Reflection shows that you learned from your site and can apply that knowledge into your research to produce a conclusion.
- Helps you become knowledgeable about what interventions to implement.
- Service-learning and community-based research are essential to global health.
- They teach you all international health aspects.
- It enables you to gain hands-on experience to be successful at your career later in your career.

