

Reflection on Learning: Apply all required criteria in the assignment with information that is clear and sufficient in detail.

- **Describe how learning in this course will help you achieve Program Outcome 1: Provide high-quality, safe, patient-centered care grounded in holistic health principles. (Holistic Health & Patient-Centered Care)**

- The assignments in this course, particularly the weekly case studies, allowed me to apply my newly-acquired knowledge to real-world situations. The information helped strengthen my ability to address a patient as a whole, which includes analyzing their emotional needs, physical needs, sociocultural aspects, and tailoring individual care plans to fit their lifestyle. As a future nurse practitioner, I plan on paying close attention to a patient's life circumstances to find out if certain life factors (e.g., culture, socioeconomic factors) may play a role in their treatment plan and overall healthcare decision making. Additionally, I believe that accessible and affordable healthcare should be available to any individual regardless of their background. The current disparity in receiving appropriate healthcare has not only worsened but also exacerbated existing healthcare issues. As a future healthcare provider, I plan on addressing a patient's circumstances as a whole to provide the most appropriate care and address the most important issues.

- **Describe how course assignments or activities will help you achieve ONE of the advanced-level nursing education competencies from AACN Essentials Domain 1 listed in each section below. Provide at least two specific examples.**

- 1.2i - Demonstrate socially responsible leadership
 - The assignments and activities throughout this course strengthened my commitment and desire to support underserved communities, especially Asian American communities, as I have personally experienced the cultural stigma associated with mental health. This stigma, which is deeply rooted in the Asian culture, has led to major barriers within these communities as resources are not culturally appropriate and not easily