

## Part B: Self-Development Plan

### Instructions:

1. Set at least **one** self-directed learning goal to enhance your RN practice.
2. Complete at least **one** learning activity related to your goal.
3. Identify how your learning impacted your RN practice.

*Tip: It is recommended that your self-development plan be SMART (Specific, Measurable, Attainable, Relevant and Timely). Check out the CCP Guide for details.*

### Learning Goal(s) and Activity(ies)

Learning goal(s)	Learning activity(ies) <i>(be as specific as possible)</i>	Expected date of completion	Date completed
1) Increase my cultural awareness and overall mental & emotional sensitivity to Aboriginal people who were in any way affected by the 60's scoop and the residential school "system" in Canada. I will do this through meeting with in person or via video, text, calls & messages - (due to pandemic) to broaden my understanding so that by December 1, 2021 I will be able to better appreciate their history & how it continues to affect residential school survivors and their families to the	a) Watched the movie "Indian Horse" - a 2017 Canadian drama film adaptation based on the 2012 novel by author Richard Wagamese (Ojibwe), Devonshire Productions - which was a heart wrenching film centred around a young Aboriginal male child who was taken from his family and placed into a residential school. He endured abuse - physically, mentally, emotionally & sexually during his time in the residential school - seeing many friends enduring the same & others go missing or commit suicide. He used his talent at ice hockey to get him to move out of the residential school & "escape" - But he faced	xxxx xx, 2021	xxxx xx, 2021
	2) Increase my awareness of traditions that Aboriginal people have that have been passed down through the generations through "teachings". I will attain this goal of increasing my knowledge and understanding of Aboriginal teachings by speaking with and meeting with the daughter of Elders (now deceased) from the Peguis First Nations and will do this by December 1, 2021. I will be able to express and explain to the best of my ability what I was taught through my teachings from her - xxxxx. xxxx xx, 2021 we met in person in xxxxx, xxxxx.	xxxx xx, 2021	xxxx xx, 2021
	Followed the journey of Katherine Legrange Strongwind - Volunteer Director of the "60's Scoop Legacy of Canada" I have insight into her past as she and I were best friends in elementary school. This helped me to learn about the 60's scoop more through her eyes and her journey. As children I knew she was adopted but I didn't know until reading through her interviews that she had always felt something in her life was missing - it was finding her family and her "roots", finding the other pieces of her. So I did the following.... --Read an article done by CBC called "Sixties Scoop Survivors Call For Federal Inquiry &	xxxx xx, 2021	xxxx xx, 2021

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## Impact on my Nursing Practice

How did completing your learning activities impact your RN practice? Include at least one specific example. If you are not currently working, anticipate how your learning will impact your practice when you return to work.

My learning activities were varied. Video (film), written articles and in person meetings. I learned so much about the 60's Scoop which really took place from late 1950's to early 1980's. I learned through the video the impact on the families -and the pain that these children taken from families were forced to endure to try to assimilate them into a "White Mans world" to strip them of their identity. I learned through the articles wherein my elementary school best friend who was an adoptee during this time rose to be a Volunteer Director for the 60's Scoop Legacy -and learned that although she never showed signs that she was feeling a part of her missing - it comes out later in life and directly affects her life and those in her world. How the desire to search for her roots and her biological family existed but was hidden when we were children but she continued to search throughout her life -now age 49 it ended in disappointment as per her more recent interview November 29, 2021 - her brother just couldn't meet her.

My meeting with xxxxxx showed me the strength that some had who were able to continue on with some of their traditions and teachings and how important that is to them and their identity. My appreciation was immense as she was so wanting to share with me so much about her family, her past & the teachings that were past down to her.

The impact of this variety of information gathering contributed to greatly increasing my overall knowledge and understanding of the history of the 60's Scoop, Residential Schools and what occurred at them, plus how this affected families then and continues to affect individuals and families decades (and generations) later.

With this greater understanding I will definitely be more understanding of why some persons have fallen victim to addictions. Why some remain silent and fearful. Why they are hesitant to trust others -especially the "White Man" who tried desperately to rid them of their heritage, their identity, the traditions, their beliefs and their way of life.

I will exercise greater understanding and show patience and respect towards Aboriginal people now that I have a greater insight and knowledge of the traumas that they had faced and many continue to face. I will understand that many many be fearful and mistrusting because of their experiences. They had no choices. No voice. I will ensure to use patience. Involve their families with discussions and decisions about their care. Involve interpreters and elders when needed - always offer this. And advocate for them to ensure that they receive the best possible care available. I will offer that they include traditions and try to implement this into their care whenever possible - i.e. traditional healings, ceremonies, family gatherings. I will encourage support systems be involved. And assure them that I will advocate for them. I will share my knowledge that I have acquired in hopes of providing more holistic care. I am thankful.

REGISTRATION NUMBER: Exemplary Example #3