# SMART Goals, word document

For this assignment, you will work on setting goals for yourself using the SMART method. You will find an explanation of this method in the module that will guide you in your goal-setting process. You will list a minimum of five professional goals that you would like to accomplish during the clinical experience in this term. For each goal, you must provide an explanation of how the goal is representative of each of the SMART characteristics: Specific, Measurable, Attainable, Realistic, Timely. Be sure to answer the following questions for each goal summary: Can you measure it? Is it attainable? Is it realistic? What is the time frame you have set for completing that goal?

**Format:** Each goal summary should be at least 100 words – totaling 500 words for this assignment (added to the speaker notes). The presentation is original work and logically organized, formatted, and cited in the current APA style, including citation of references.  The presentation should consist of 10-15 slides (excluding the introduction and reference page).

[How to Format a PowerPoint Presentation in APA StyleLinks to an external site.](https://goodwin.libguides.com/c.php?g=29109&p=7298502)  
Goodwin University. (2019, October). APA style - 7th edition. https://goodwin.libguides.com/c.php?g=29109&p=7298502

This Assignment must be submitted to Turnitin.

null

# Module 3 Discussion

No unread replies.No replies.

null

  ***Internalizing Disorders***

After studying [Module 3: Lecture Materials & Resources](https://stu.instructure.com/courses/36455/pages/module-3-lecture-materials-and-resources), discuss and reflect on the following:

Create a 5-7 minute video using Canvas Capture. Reflect on your first experience treating a toddler, school-aged child, or adolescent with a mood or anxiety disorder.

* Describe a clinical situation, in detail. (Who was it, when did it happen, what happened, what caused it to happen, where did it happen, how did it happen).  Describing the clinical experience should take less than 3 minutes.  Discussing your reflection should take 3-5 minutes.
* What feelings, prejudices, and biases did you experience during the interview?
* How did you manage these anxieties, feelings, prejudices, and biases?
* What assumptions did you make about children or families with mental illness?
* What awareness did you develop during your clinical experience?
* Describe how you changed as a result of your clinical experience?
* Describe how will this clinical situation impact your advanced nursing practice?

**Submission Instructions**

* Create a Canvas Capture video to reflect on this week’s clinical topic.
* Each student must submit a peer evaluation of two peers’ videos to the Assignment course menu tab by Sunday at 11:59 pm.
* Each student must submit their completed video to the Assignment course menu tab by Thursday at 11:59 pm.
* Your Canvas Capture video is worth 8 points should be 5-7 minutes in length
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
* Use the [DIEP ModelLinks to an external site.](https://students.unimelb.edu.au/academic-skills/explore-our-resources/developing-an-academic-writing-style/reflective-writing) as a guide
* You can expect feedback from the instructor within 48 to 72 hours from the Sunday due date.

null

Module 5 Discussion

No unread replies.No replies.

null

  ***Autism Spectrum Disorder, Intellectual Disabilities, and Childhood-Onset Schizophrenia***

After studying [Module 5: Lecture Materials & Resources](https://stu.instructure.com/courses/36455/pages/module-5-lecture-materials-and-resources), discuss the following:

Create a 5-7 minute video using Canvas Capture.  Reflect on your experience creating a treatment plan for a toddler, school-aged child, or adolescent with autism or an intellectual disability.

* Describe the clinical situation in detail.  (Who was it, when did it happen, what happened, what caused it to happen, where did it happen, how did it happen). What feelings, prejudices, and biases did you experience during your clinical experience?
* How did you manage your anxieties, feelings, prejudices, and biases?
* What assumptions did you make about people with mental illness?
* What awareness did you develop during your clinical experience?
* Describe how you changed because of your clinical experience?
* Describe how this clinical situation will impact your advanced nursing practice?
* Use DIEP Model as a guide

**Submission Instructions:**

* Create a Canvas Capture video to reflect on this week’s clinical topic.
* Each student must submit a peer evaluation of two peers’ videos to the Assignment course menu tab by Sunday at 11:59 pm.
* Each student must submit their completed video to the Assignment course menu tab by Thursday at 11:59 pm.
* Your Canvas Capture video is worth 8 points should be 5-7 minutes in length
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
* Use the [DIEP ModelLinks to an external site.](https://students.unimelb.edu.au/academic-skills/explore-our-resources/developing-an-academic-writing-style/reflective-writing) as a guide
* You can expect feedback from the instructor within 48 to 72 hours from the Sunday due date.

Module 7 Discussion

No unread replies.No replies.

null

  ***Gender Identity Disorder, Trauma, and Stress-Related Disorders***

After studying [Module 7: Lecture Materials & Resources](https://stu.instructure.com/courses/36455/pages/module-7-lecture-materials-and-resources), discuss and reflect on the following:

Create a 5-7 minute video using Canvas Capture.   Reflect on your experience discussing sexuality or gender identity when conducting a psychiatric interviewing with a toddler, school-aged child, or adolescent.

* Describe the clinical situation in detail.  (Who was it, when did it happen, what happened, what caused it to happen, where did it happen, how did it happen). What feelings, prejudices, and biases did you experience during your clinical experience?
* How did you manage your anxieties, feelings, prejudices, and biases?
* What assumptions did you make about people with mental illness?
* What awareness did you develop during your clinical experience?
* Describe how you changed because of your clinical experience?
* Describe how this clinical situation will impact your advanced nursing practice

**Submission Instructions:**

* Create a Canvas Capture video to reflect on this week’s clinical topic.
* Each student must submit a peer evaluation of two peers’ videos to the Assignment course menu tab by Sunday at 11:59 pm.
* Each student must submit their completed video to the Assignment course menu tab by Thursday at 11:59 pm.
* Your Canvas Capture video is worth 8 points should be 5-7 minutes in length
* You should respond to at least two of your peers by extending, refuting/correcting, or adding additional nuance to their posts. Your reply posts are worth 2 points (1 point per response.)
* All replies must be constructive and use literature where possible.
* Use the [DIEP ModelLinks to an external site.](https://students.unimelb.edu.au/academic-skills/explore-our-resources/developing-an-academic-writing-style/reflective-writing) as a guide
* You can expect feedback from the instructor within 48 to 72 hours from the Sunday due date.

SMART GOALS Evaluation

* **Due** 3 Dec by 23:59

* **Points** 50
* **Submitting** an external tool

null

 ***SMART Goals Evaluation***

Think back to the five SMART goals you created earlier in the term. Write a reflection paper following APA format and consisting of 750-1000 words in length. Then, create a 5–7-minute reflection video using the word document which evaluates each SMART goal that you created. Use Teams, Zoom, or Canvas Studio's Screen Capture feature to record your presentation.  Your face must be visible on camera (in the corner as you present your paper). You must introduce yourself and show your identification. You must dress professionally or your presentation will not be graded.

Use the following questions to guide your response:

1. What were you expecting from the experience before you started?
2. Why were you expecting this?
3. Why did you choose this goal?
4. Did you learn anything about a different group in society (i.e., different age, profession, ethnic, racial or socio-economic group)? What did you learn?
5. What is the most valuable experience you acquired?
6. What impact did the experience have on your everyday life?
7. What did you learn that was directly related to your course objectives?

**Submission Instructions:**

* Submit your paper as a Word Document through the Turnitin inbox below.
* You will use the paper for your video presentation.
* Submit the Link to your video presentation as a comment under the assignment section.
* Here are some guides to help you with your video submission:
  + [How do I record a Canvas Studio video with a webcam in a course?Links to an external site.](https://community.canvaslms.com/docs/DOC-14265-50736850213)
  + [How do I upload media files in my Canvas Studio account?Links to an external site.](https://community.canvaslms.com/t5/Studio/How-do-I-upload-media-files-in-my-Canvas-Studio-account/ta-p/1705)
  + [How do I get a public link or embed code for media in Canvas Studio?Links to an external site.](https://community.canvaslms.com/t5/Studio/How-do-I-get-a-public-link-or-embed-code-for-media-in-Canvas/ta-p/1712)
* Follow all directions for this assignment.
* Complete and submit the assignment by 11:59 PM ET on Sunday.
* Late work policies, expectations regarding proper citations, acceptable means of responding to peer feedback, and other expectations are at the discretion of the instructor.
* You can expect feedback from the instru