

**Preferred Self-Care Behaviors of Participants Who Have
Completed a Caring Science Online Course**

by

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by

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1. I effectively described in detail the 11 participant-preferred self-care activities identified during the study and gave the reader helpful examples of how participants reported they planned to interpret these activities into their professional and personal lives. I think these were effective because I gave multiple examples of participant responses in each theme for both personal and professional practices which I hope will help give the reader specific ideas of how real people plan to implement these themes in to their lives after participating in the Caring Science MOOC.

2. I think I can definitely improve with the proper language and writing style used in writing a paper associated with a qualitative study. This was my first time doing anything like this and through several rounds of edits with my research mentor, Dr. Sitzman, I was able to learn how to adequately portray the information. It is difficult to remove any opinion statements, avoid being redundant, and make the information easy to understand and interesting for the readers. I think that after writing this paper I will be able to implement what I've learned in future papers and improve my writing style and voice.

3. To write this project I originally started by writing a project proposal. After editing and finalizing the project proposal for NURS3750, I used that as the basis for writing my paper. Although I had to thoroughly edit it to become a paper rather than a proposal, I think this helped the task seem less daunting since this is the first time I have written a paper of this size before. Then I used some of Dr. Sitzman's previously published studies to find out what else I needed to include. I also had many meetings with Dr. Sitzman throughout the process to talk about what my next steps were as I worked. Then once I finished, Dr. Sitzman and I went through three rounds of edits before reaching a final draft.

4. Although this paper was completely different than anything I had ever written in any class before, I did use my previous knowledge of APA7 that I had used in all of my writing intensive courses before. I had a lot of citations so organizing my sources in a literature matrix with the APA citations before beginning the paper was a huge help.