

GLOBAL HEALTH REFLECTION ESSAY RECOMMENDATIONS

Guidelines	
1. Description of your global health rotation site	Review background information related to the host country- its geography, political and economic structure, history, religion (s), culture, language(s), familial and social structures, major food types- and the context in which your health experience took place.
2. Goals	What were your original expectations and goals in this global health experience? How did they change?
3. Impact on Community	Prior to your trip, what were the predicted community needs you sought to address? How did your actual experience differ from those predictions?
	How do you feel the community you were working with was impacted?
4. Impact on You	What was the most memorable thing that happened during your global health experience?
	What insights and/or personal benefits did you gain through the experience?
	How do you “make sense of” your experience?
5. Professional	How did the global health experience affect you as a health professional student?
	How do you think this experience changed the way you practice, or changed the direction of your medical career?
6. What You Learned	How has your fund of knowledge and/or clinical skills changed?
	Reflect on the types of medical problems you saw.
	How did the health care delivery system of your host country compare to others you have experienced?
	Has your world-view changed as a result of your experience? In what way(s)?
7. Ethical Considerations	Did you observe any situations that represented ethical dilemmas? If so, describe the situation(s) and make recommendations on how you would resolve the ethical dilemmas that you observed.
	How are the ethical considerations of providing health care in the country you traveled to similar or different from those in the United States?