NRS 307 - 7
Personal and Professional Development III

Credit Hours: 1
Location: Grand Island
Time: 6 pm – 10:30 pm
Dates: Mondays: 8/25, 9/15, 10/6
Instructor: Drew Case, RN, MSN
Email: drew.case@doane.edu
Phone: Given in class

Blackboard (Bb): Please note that this will class will use “Blackboard” for assignments, grading, communication, etc. Go to https://bb2.doane.edu/webapps/login/ to log into Blackboard. Use the same “user name & password” as you do for your Doane e-mail. ALL assignments will be submitted via Bb!

PLEASE, always review “syllabus” on Bb as this is the most current version and changes are made prior to class and Bb will ALWAYS be up-to-date!

Course Description:
This course focuses on the understanding and management of thoughts, character, circumstances, purpose, goals, and behavior. You will learn how each of these is intertwined, dependent, and effected by the others. Negative habits and thinking that drain energy from us will be identified. Students will learn how their thoughts affect their physical, emotional, mental, and spiritual energies.

The Connection To The Nursing Profession:
The Healthy People 2020 Initiative (U.S. Department of Health and Human Services) was announced in December, 2010. The overall goals of Healthy People 2020 are to:
  • “Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death”
  • “Achieve health equity, eliminate disparities, and improve the health of all groups”
  • “Create social and physical environments that promote good health for all”

“Maintaining good health is not only important to a nurse’s overall wellbeing, but it will also affect the quality of care provided to patients. Only when you feel good are you able to deliver optimal patient care. Nurses also serve as role models for patients.” (M.E. Koren & C. Chrisiti-McCuliffe in Nursing Leadership & Management, 2012). Nurses must lead by example.
Course Objectives:
Students will develop, understand, and practice the following:
1. Upon completion of this course, the student will understand how they have come to be “who” they are and “who” they want to be if they are not the same.
2. Understand the relationship of how our “thoughts” create our “character”.
3. Discuss and relate the content of these readings to previous concepts learned from NRS 305 and 306.
4. Understand the effects of our thoughts on our health and body.
5. Understand how our thoughts create and drive our “purpose” and “vision”.
6. Understand the value of our “purpose” and “visions”.
7. Discuss “Appreciative Inquiry” and how it can be used in the nursing profession.
8. Relate the principles of “Appreciative Inquiry” to previously read books and courses.

Required Text:

Mind is the Master: The Complete James Allen Treasury
Authors: James Allen, 2009
ISBN: 978-1585427697

Course Activities:
This course requires the students to read the assignment and answer questions designed for self-examination. As the nurses learn about themselves, they discover similarities and patterns of thought and behaviors that show up as obstacles not only in their professional careers but also in their personal lives. The reading assignments combined with class discussion assists the student to learn new skills and put them to use in their everyday lives. Students will have the opportunity to “practice” their new skill set in their personal and work environment and report back to the class on their success.

“Goal” Project:
This is an “optional” assignment and I will discuss in class and ask for volunteers. What I will be asking is that you pick a goal that can be reached or achieved during the time of this course. I will have you pair up with another student and you will share contact info and goal information. You will contact each other daily either via phone or e-mail for support and to report the progress of your goal. This activity helps you to be accountable and provides support in achieving your goal. You may be asked to share your experience with the class at the end of the course.

Highlights Assignment:
As you read the books I would like you “highlight” anything that really “ketches” your attention or makes you go “Ah-ha”. Highlight anything that YOU deem important and would want to remember for discussions or look over again later.
without reading the entire book again. Rather than providing a list of questions and things I think are important for group discussion, you will read what you have “highlighted” to the class and identify what you think is important to direct group discussion. Be prepared to explain why you think it is important or why it “caught you attention” and how it relates to previous “concepts, topics, readings, your career, and you”. Give specific examples of how this relates to you. You will want to take notes and write down concepts that reflect previous courses and how they relate or conflict. By doing this “you” the student create the class, the topics, and discuss what is important and relevant to you. The readings are short and I expect you to come to class prepared to discuss and share what you highlighted and found “important”. This is not specifically graded however it will be counted and included under “Engagement” points and you will be expected to have something to share with the class. Yes, you can highlight something you disagree with, just be prepared to explain why.

**Daily Reminder:**
As you read and highlight, I want you to create a list of “Daily Reminders” that you can quickly read each day. After you create this list, I want you to read it at the beginning of each day during this class and report back to the class what effect if any this has. This is a requirement and a class assignment but as I have no way of monitoring this, it will have to be on the honor system and I will expect you to do this. This will be very similar to your “Life’s Intentions” card and it is up to you what goes on it. You will share this with the class at the end of the course during group discussions. Below is an example of my “Daily Reminder”.

As a man thinketh in his heart so is he
A man is literally what he thinks, his character being the complete sum of all his thoughts.
We are made or unmade by ourselves
He that seeketh findeth
Suffering is always the effect of wrong thought in some direction
The body is the servant of the mind

**Grading:**
- **150 points total**
- **Attendance:** 10 points / 3 nights = 30 points
- **Engagement/Professionalism:** 20 points / 3 nights = 60 points
- **Reflection Papers:** 20 points / 3 nights = 60 points (see guidelines)

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ASSIGNMENTS: Attendance, Engagement/Professionalism/Attitude, and the reflection paper must be submitted ON BLACKBOARD within 72 hours of class or considered late. If you have questions or difficulty, allow enough time to submit your papers on time. For each area in Bb, you will submit your points in the comments section with an explanation of your grade if needed. You submit your score under the “comments” section. Example for attendance; 10/10 – was on time and ready to start class at 6 pm.

You will be assessing and grading yourself on all three categories. 10/10 or 20/20 is 100%, A+, or perfect score. This means there was no room for improvement so I would expect that if you give yourself a perfect score you provide rationale in the comments section with your score. Here is a little perspective when deciding what you deserve for scores. If you want to know what your percent is take what you think you deserve (lets say 18) and divide by total possible points (lets say 20) and multiply that by 100. So 18/20 = .9 x 100 = 90%. Then look below and decide if you feel this is appropriate. If not, try a different number until you find the % that seems appropriate for your performance. An A or anything below a C should be justified as this is perfect and below average scores.

A = Outstanding, exceptional, distinction, no room for improvement
B = Above average, very good, still room for improvement
C = “Average”, common, lots of room for improvement but still “satisfactory”
D = less than average, below standards, mediocre, needs serious improvement

Attendance:
This class will be highly experiential and interactive. Therefore, class attendance is critical to the learning. There are only three class meetings, so you should not enroll for the course if you know in advance that you cannot attend one or more of the meetings. Once the class begins, the idea is to never miss a class, but we know that life sometimes gets in the way of our plans. Attendance and Engagement points cannot be made up thus if you miss a class the highest grade you can achieve is a B. If you must be absent, contact me to discuss the reflection paper.

Engagement/Professionalism/Attitude:
Engagement is similar to participation. It is being actively “engaged” in what is happening in class. This can be difficult to measure if one does not participate. There will be lots of group discussions and you will be required to participate if you want full credit. One does not have to “like” the material to be actively engaged and receive full credit. Participation, comments, opinions, etc. need to be presented in a professional manner. Points may be deducted if attitude, input, feedback interferes with others learning and enjoyment of the class. Yes, you will be assessed and graded on your attitude. ATTITUDE is everything in this program!!! If you are going to learn anything about yourself and become an efficient and positive leader, you must have a positive attitude and be “willing” to be open to new and different
ways of looking at things. If you are late turning in your assignments, which is a “professionalism” issue and should be reflected in you’re scoring yourself here.

**Reflection Papers:**
Write a 2-page reflection paper on what you learned or discovered for each class. You can talk about your “highlights”, focus on one that really caught your attention and why? You could comment on what was discussed in groups and how people “see things differently” when reading the same book or talking about their “highlights”. This is YOUR reflection of what was read, highlighted, discovered, and/or discussed. Keep it focused on what was learned in class. “Grading” of your reflection is based not on your “reflection” but on how you present it. The paper should be double spaced, spell checked and typed. It **NEEDS** to be proofed for grammar and simple errors. Write your paper in a “professional” manner as thought you were turning it in to go in a patient’s chart or to your boss. Just make it “Professional”. There is no “right” or “wrong” to self-reflection. **You need to submit papers on Bb as a saved doc.docx.** Simply type your paper in one of these formats and save on your desktop. In Bb click on “Browse My Computers” to find file and select and submit. You **MUST** put your initials in the save file name. For example if I were turning in the first paper I might save it like this; “DrewC reflection 1.docx”. I need this for organization and grading, thank you in advance.

**READING THIS BOOK**
I highly, highly, highly recommend reading this book a little at a time! I would suggest just reading a few pages each day rather than all at once. It is “different” most likely from other things you have read and to get the most out of it a little at a time is BEST!

**Class One:**

**Assignment:**

*Please complete the following assignment PRIOR to the first class:*

*Read “As A Man Thinketh” pages: 141-163*

*Don’t forget to highlight (see above)*

In class, you will read your highlights and explain why you highlighted them and as a class we will discuss them. If you prefer, you can “write or type” you highlights and read from that.

End class with sharing your “Daily Reminder”

*Read article PRIOR to coming to class (will be on BB): Promoting Health Behavior Change Using Appreciative Inquiry: Moving From Deficit Models to Affirmation Models of Care. Be prepared to discuss in class.*

**“Goal” Project:** Find partners if interested and exchange contact info and formulate a plan.

**Class Two:**

**Assignment:**

*Please complete the following assignment PRIOR to the first class:*  
Read “Light On Life’s Difficulties” pages: 591-639  
Don’t forget to highlight (see above)

Read “The Mastery Of Destiny” pages: 391-427  
Don’t forget to highlight (see above)

In class, you will read your highlights and explain why you highlighted them and as a class we will discuss them. If you prefer, you can “write or type” you highlights and read from that.

Watch TED Talk on “Leadership”

**Class Three:**

*Please complete the following assignment PRIOR to the first class:*  
Read “Foundation Stones To Happiness And Success” pages: 647-659  
Don’t forget to highlight (see above) and “Man: King of Mind, Body, and Circumstance” pages 501-522

**Guest Speaker:** Tere Francis  
Will speak about “goal setting” and do an exercise to demonstrate goal setting.

**If time allows:**

If time allows, we will cover what ever was **NOT** covered in class two so bring the same material/assignments as class two.