NRS 307
Personal and Professional Development III

Credit Hours: 1
Location: Lincoln
Time: 6 pm – 10:30 pm
Dates: Mondays: 3/24, 4/7, 5/5
Instructor: Drew Case, RN, MSN
Email: drew.case@doane.edu
Phone: Given in class

Blackboard: 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.

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”.

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.

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 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:

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<th>Component</th>
<th>Points Total</th>
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<tbody>
<tr>
<td>Attendance:</td>
<td>5 points / 4 nights = 20 points</td>
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<tr>
<td>Engagement/Professionalism:</td>
<td>10 points / 4 nights = 40 points</td>
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<tr>
<td>Reflection Papers:</td>
<td>10 points / 4 nights = 40 points (see guidelines)</td>
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<th>Grade</th>
<th>Points</th>
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<td>A</td>
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<td>A-</td>
<td>94 – 90</td>
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<td>B+</td>
<td>89 – 87</td>
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<td>B</td>
<td>86 – 84</td>
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<td>B-</td>
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<td>C+</td>
<td>79 – 77</td>
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<td>C-</td>
<td>76 – 74</td>
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<td>C</td>
<td>73 – 70</td>
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<td>D+</td>
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<td>D</td>
<td>66 – 64</td>
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<td>D-</td>
<td>63 – 60</td>
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<td>59 &amp; below</td>
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Attendance:
This class will be highly experiential and interactive. Therefore, class attendance is critical to the learning. There are only four 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:
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. Engagement also requires that all assignments be completed before class or when ever they are due.

**Reflection Papers:**

**Papers 1-3:**
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. “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. or PDF file.**

**Simply type your paper in one of these formats and save on your desktop. In Bb click on “Browse My Computes” to find file and select and submit.**

**Paper #4:**
Write a 2 - 4 page reflection paper that includes the following:

1. Sums up what you learned about yourself in this class.
2. What was the most beneficial tool you discovered and why.
3. Tell how you plan to continue to use this tool AND how you will keep from defaulting to your same old ways.
4. Identify the many similarities between the book and the movie.

It is important you keep these papers. You will need it to reflect on in your upcoming leadership classes.

**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)*

Break up into groups for discussion and reading your highlights. End class with sharing your “Daily Reminder”

**Class Two:**
Assignment: TBA

Class Three:

Assignment: TBA