NRS 305 - 7
Personal and Professional Development I

Credit Hours: 1
Location: Grand Island
Time: 6 pm – 10:30 pm
Dates: Mondays, 10/20, 11/3, 12/1
Instructor: Drew Case, RN, MSN
Email: drew.case@doane.edu
Phone: Given in class

Blackboard (Bb): Please note that this 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 introduces students to techniques that build self-awareness and understanding. Students will develop strategies to become more aware of their emotional responses and master skills that will allow them to self-regulate and respond appropriately and effectively to situations that are challenging and stressful. They will learn the value of increasing their self-confidence, optimism, and self-motivation to improve productivity and performance. Upon completion of this course, students will understand their values and know how to make decisions and take actions that are in alignment with those values.

The Connection To The Nursing Profession:
Baccalaureate graduates will be expected to focus on continuous self-evaluation and lifelong learning. Additionally, they must have knowledge, skill sets, and attitudes that prepare them for a career of rapid change.

The personal and professional development series of one-hour classes is designed to allow the student nurse the time needed to explore self-awareness and self-knowledge. Dating back to 1952, Peplau recognized the importance of the nurse’s self-awareness and self-knowledge as a vital element in basic nursing education. Upon completion of this leadership series, the student nurses will have a deep understanding of themselves, including their values, strengths and emotional intelligence.

Course Objectives:
Students will develop and apply the following into their daily behaviors:
- Identify individual strengths and implement them into your nursing practice.
- Begin to define and clarify your life purpose. Identify the “why” behind everything you do.
- Critically examine how your purpose is linked to the nursing profession.
- Determine how the seven decisions that determine personal success impact your nursing careers on a personal level.
• Identify, discuss and predict what influence the *Seven Decisions, Standout* and *Emotional Intelligence* might have on patient outcomes as we take action to improve our overall personal wellbeing.

**Required Text:**

   **ISBN:** 978-0-7852-6428-6
   **ISBN:** 978-0-8499-4888-6
   **ISBN:** 978-0-9743206-2-5

**NOTE:** STANDOUT AND EMOTIONAL INTELLIGENCE 2.0 are textbooks that include a code to access special resources on the Internet; so purchasing a used copy of the text is not an option. You won’t get a code if you purchase a used copy, and the code is necessary to complete the assignments. One of the reasons we are using these texts is that they are the most affordable texts on the market for a survey course in leadership. The publisher has been able to reduce the cost by putting electronic and print resources online rather than in the text. If you purchase this book on-line, you run the risk of not having access to those electronic and print resources that you may need to complete assignments. I advise you to purchase this text through the Doane bookstore.

**Grading:**

<table>
<thead>
<tr>
<th>Reflection Papers:</th>
<th>10 points each/3 nights = 30 points total</th>
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<tbody>
<tr>
<td>Attendance:</td>
<td>10 points each class/3 nights = 30 points total</td>
</tr>
<tr>
<td>Engagement/Professionalism:</td>
<td>13 points each class/3 nights 39 points total</td>
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</tbody>
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**Total Points:**

| 100 – 95 = A        | 76 – 74 = C |
| 94 – 90 = A-        | 73 – 70 = C- |
| 89 – 87 = B+        | 69 – 67 = D+ |
| 86 – 84 = B         | 66 – 64 = D |
| 83 – 80 = B-        | 63 – 60 = D- |
| 79 – 77 = C+        | 59 & below = F |

Assignments will be given to you on the first night of class. We will discuss reflection papers, attendance, and engagement/professionalism. Please see below for the first class. **The complete syllabus will be available on Bb 2-3 weeks before class starts, you are responsible for and expected to review it before the first night of class!!!!!!**

**CLASS ONE:**

*** YOU MUST READ THE TRAVELER’S GIFT P**RIOR TO THIS CLASS – ALL OF IT!!!!

**In Class** - Watch video of the 7 Decisions (2 hours and 40 minutes)