**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”
- “Promote quality of life, healthy development, and healthy behaviors across all life stages” (Hess, D.R., Dossey, B.M., Southard, M.E., Luck, S., Schaul, B. G., & Bark, L., 2013). “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-MeCuliffe 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

**Grading:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>10 points / 3 nights = 30 points</td>
</tr>
<tr>
<td>Engagement/Professionalism</td>
<td>20 points / 3 nights = 60 points</td>
</tr>
<tr>
<td>Reflection Papers</td>
<td>20 points / 3 nights = 60 points (see guidelines)</td>
</tr>
</tbody>
</table>

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.

**FULL version of syllabus will be available on Blackboard 1-2 weeks prior to class. BE SURE TO READ IT BEFORE CLASS!**

**Class One:**

*Please complete the following assignment PRIOR to the first class: Read “As A Man Thinketh” pages: 141-163*