NRS 305 - 1
Personal and Professional Development I

Credit Hours: 1
Location: Lincoln
Time: 6 pm – 10:30 pm
Dates: Mondays, 10/19, 11/2, 11/23
Instructor: Drew Case, RN, MSN
Email: drew.case@doane.edu
Phone: 402-381-8421

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. 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:** 978-1-63369-074-5

   **ISBN:** 978-0-9743206-2-5

   **ISBN:** 978-1-595662-040-8

**NOTE:** *STANDOUT, EMOTIONAL INTELLIGENCE 2.0, and WELLBEING* 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 text 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 on line 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.

**Optional Text**

   **ISBN:** 978-0-7852-6141-4

Grading will be based on attendance, engagement (participation) in class discussion, writing assignments and presentation.

Absences will be dealt with on an individual basis. If you are going to be gone, please notify the instructor prior to class.
### Grading:

<table>
<thead>
<tr>
<th>Reflection Papers:</th>
<th>Total – 99 points</th>
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<tr>
<td>10 points each/3 nights = 30 points total</td>
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| Attendance: | 10 points each class/3 nights = 30 points total |
| Engagement/Professionalism: | 13 points each class/3 nights = 39 points total |

### Total Points:

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
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<tr>
<td>100 – 95</td>
<td>A</td>
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<tr>
<td>94 – 90</td>
<td>A-</td>
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<tr>
<td>89 – 87</td>
<td>B+</td>
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<tr>
<td>86 – 84</td>
<td>B</td>
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<td>83 – 80</td>
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<td>79 – 77</td>
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<td>59 &amp; below</td>
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You cannot participate and be engaged if you are not there. If you are not there you cannot do class discussion and small groups which are the gateway to self-awareness and self-discovery. It often takes the feedback from your instructor and peers to assist in shedding a conscious light on the learning process undertaken in these courses. Your growth in self-awareness and self-knowledge is dependent on your attendance and discussion in class. 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. Your grade is dependent on attendance and engagement. The highest grade that can be achieved (this includes a make-up project) if a class is missed is a “C+”.

### CLASS ONE:

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

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

FULL version of syllabus will be available on Blackboard 1-2 weeks prior to class.

BE SURE TO READ IT BEFORE CLASS!