NRS 307 - 1
Personal and Professional Development III

Credit Hours: 1  
Location: Lincoln  
Time: 6 pm – 10:30 pm  
Dates: Mondays: 1/12, 2/2, and 2/16  
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

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)

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:

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 syllabus on Bb)

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.

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.