Personal and Professional Development
Nursing 306 (1 Credit Hour)

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COURSE DESCRIPTION:
This is an introductory course to the science of Ontology. Topics include the
exploration of "being willing", standards of integrity, life intentions, monkey mind,
the 4 boxes, coherence and incoherence, the six forms of energy, creating goals and
the conclusions people focus on.

COURSE OBJECTIVES:
Students will develop and practice the following:
• "Being willing"
• Gain clarity about their values and identify what is most important to them
  as they live day to day.
• Gain an understanding of how to make personal choices and decisions that
  reflect their values and purpose.

TEXT: Mastering Life’s Energies
Author: Maria Nemeth, PhD
Publisher: New World Library (2007)

COURSE ACTIVITIES:
This course requires the students to read the assignment and answer questions
designed for self-examination. As the students learn about themselves, they discover
similarities and patterns of thought and behaviors that show up as obstacles in their
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 have the
opportunity to “practice” their new skills in their personal and work environment
and report back to the class on their success.

GRADING: 100 points total
Attendance: 5 points / 4 nights = 20 points
Participation: 5 points / 4 nights = 20 points
Final Paper: 60 points total (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-
Please complete the following assignment prior to the first class:
Read Chapters 1 – 3
Come to class prepared to discuss the following questions related to the reading.

Chapter One:

1. Apply the following in your life. How do you see and experience each of these?
   - Clarity
   - Focus
   - Ease
   - Grace

2. What do you want to be remembered for?

3. Do you ever notice you give a lot of attention to your problems and dilemmas? Do you notice you tend to focus on them?

4. Do you see your thoughts and actions are different? Explore this idea in your own life – do you focus on your thoughts or your actions most often?
   - When you focus on your thoughts, what do you notice or see?
   - When you focus on your actions, what do you notice or see?

5. Do you think if you turned your attention to what you can contribute in your relationships, school, work, etc., rather than focusing on what might be “wrong”, would that change your level of energy?

6. Maria talks about luminous versus happy moments. Can you think of a time you created a luminous moment?

7. Do you compare yourself to others? What happens to your “energy” when you do this? Do you find it beneficial?

8. When Maria talks about “lowering the bar”, what is your reaction?

9. Waiting to “feel better” or to be in the right “mood” can get in the way of your success. Do you ever “stall” or procrastinate with your homework? Do you ever “organize” your desk or “clean” your bathroom before you begin?

10. What does “I am willing” mean to you? What do you notice when you say “I am willing to study 2 – 3 hours a day” verses “I have to study 2 – 3 hours a day”?

11. The words you use in everyday life will direct your attention. Ultimately, your words affect how capable you experience yourself to be. What do you notice about your language, the words you either say or think throughout your day? What do you talk about “in your head” and how do you “talk to yourself” before work or a test?
Try saying to yourself over the next week
“Nevertheless, I am willing…”

Chapter Two:

(Do not do the activities in the reading; we will do them in class)

1. Do you notice the same things keep happening to you, over and over?
2. How does the “fog” show up in your life?
3. What does the story of the fish and the water mean to you on page 31?

Chapter Three:

1. What do you see about having a game worth playing for?
2. Why are obstacles important?
3. Have you ever let the “obstacle” scare you out of moving forward or going for something you really wanted to do?
4. Explain how obstacles can be a good thing. Think of a time when you were really challenged...and it turned out to be the right thing for you to do. What do you notice when you look back at that time?
5. Physical Reality – how do these aspects of physical reality show up for you?
   Density:
   Impermanence:
   Unpredictability:
6. Metaphysical Reality – what is your understanding of this reality?
7. How are physical and metaphysical reality related?

Assignments for the rest of the class will be handed out at the end of each class session.

Guidelines for the final paper will be handed out after the third class.

Please keep a copy of your paper for future reference. You will need to refer to this paper in Nursing 307 and 416.