



**DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES**

**COURSE OUTLINE – Fall 2024**

**NS1205 (A2/B2/C2/S1-S4):  
Foundations for Success in Nursing – 4 (2-2-0)  
60 Hours for 15 Weeks**

*Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.*

*We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.*

**Theory Instructor:**

**Teresa Evans RN, MN, PhD(c), CCNE**

**Sections: A2, B2 & C2**

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**Email:** [tevans@nwpolytech.ca](mailto:tevans@nwpolytech.ca)

**Location:** HEC 341

**Office Hours:** By Appointment

**Seminar Instructors:**

**Joan Jacobson RN, MN**

**Section: S1**

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**Location:** HEC 322

**Office Hours:** By Appointment

**Sarah Worton RN, MN, IBCLC**

**Sections: S2, S3, & S4**

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**Location:** HEC 344

**Office Hours:** By Appointment



**CALENDAR DESCRIPTION:**

The course develops an understanding of self as a learner in a health professions context. It explores the foundations of professional nursing, relational practice, and therapeutic communication. The course promotes reflection on personal perspectives and experiences to understand one's own attitudes, beliefs, and values. It fosters resilience and explores strategies for self-management and growth. Note: Available only to Nursing students

**PREREQUISITE(S)/COREQUISITE:**

Corequisites: NS1500

**REQUIRED TEXT/RESOURCE MATERIALS:**

American Psychological Association. (2019). *Publication manual of the American Psychological Association* (7th ed.). Author.

Chabner, D. (2023). *Medical terminology online with Elsevier adaptive learning for medical terminology: A short course* (9th ed.). Elsevier.

Giddens, J. F. (2025). *Concepts for nursing practice* (4<sup>th</sup> ed.). Elsevier.

Makic, M. F. (2023). *Ackley & Ladwig's Nursing Diagnosis Handbook*.(13<sup>th</sup> ed) Elsevier

Meadus, R. J. (2023). *Communication for nursing and health care professionals: A Canadian perspective*. Canadian Scholars.

Potter, P. A., Perry, A. G., Stockert, P. A., Hall, A. M., Astle, B. J., & Duggleby, W. (2023). *Canadian fundamentals of nursing* (7th ed.). Elsevier.

**REQUIRED SUPPLIES/EQUIPMENT:**

Laptop computer/tablet; paper, writing utensils

**DELIVERY MODE(S):** In person - This type of course will be delivered on campus in a specific classroom which will be indicated on your timetable. Students are expected to fully attend lectures and seminars in person.



## LEARNING OUTCOMES:

Upon completion of this course, the student will be able to:

1. Acquire learning strategies to enhance their success as a learner.
2. Appreciate and explore professional nursing at an introductory level.
3. Explore the concept of health at an introductory level.
4. Explore and practice therapeutic communication as the foundation for relational practice.
5. Reflect on personal beliefs and values and how they influence nursing practice.
6. Develop and practice mindfulness-based strategies to manage stress and build resilience.
7. Explore and develop scholarly writing skills.

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

## EVALUATIONS:

The final grade is based on the following assessments and there are no additional assignments or marks provided in the course. All course components and assignments must be completed to pass the course.

Evaluation Strategies	Due Dates/Times	Weighting
Knowledge Check	At the beginning of class (lecture) <b>every</b> week	15%
APA Scholarly Paper	Monday, November 18, 2024 by 2359 hours	25%
Seminar Activity – Concept Map	October 28-November 1 <sup>st</sup> IN SEMINAR	10%
Medical Terminology Online Course (Self-directed Study) Examination	During class (lecture) - December 2-6	20%
Comprehensive Course Examination	During Exam Week	30%

All evaluation components of the course must be completed PRIOR TO being permitted to write the final exam. If you have any exam related accommodations, you must register them in ClockWork by the deadline.



### **Knowledge Checks:**

Knowledge checks help measure student's knowledge, understanding, and ability to apply the concepts covered in the course to nursing practice. Students will need to bring a laptop/tablet to class and will be required to complete a knowledge check in person on a concept that is included in the course at the beginning of class (lecture) every week.

**Note:** Students can refer to the Course Schedule/Tentative Timeline (below) for a list of concepts that will be covered during the course and when.

Students who are absent because of illness will need to provide a sick note from a physician to write the knowledge check that was missed.

### **APA Scholarly Paper:**

The primary purpose of this assignment is to provide students with an opportunity to learn how to write in a scholarly manner using the most recent version of APA formatting. This assignment will also give students an opportunity to focus on a select concept in the course in more depth and explore how the concept selected could potentially impact the overall health and wellness of an individual with an acute, episodic, or chronic illness. Students will be required to write a 1250-word (excluding the title page, in-text citations, and reference pages) scholarly paper. Marking Guide is located at the end of the course outline.

Students will select **one** of the following concepts:

- Ethics
- Self-Management
- Stress & Coping

### **Medical Terminology:**

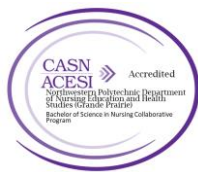
Students will complete Medical Terminology Online with Elsevier Adaptive Learning for Medical Terminology: A Short Course via self-directed study. A medical terminology quiz based upon the learning you have acquired from the medical terminology online course will be completed during theory class time at the end of the course (see assignment list above). More information will be provided as to how to purchase this online course.

### **Seminar Activity – Creating a Concept Map:**

During seminar, students will create a concept map based on a case study that will be provided. Students will complete the concept map in class and give to the instructor prior to leaving class.

### **Comprehensive Course Examination:**

A comprehensive examination covering all concepts covered in the course will be completed during NWP exam week. Students are expected to complete this assignment on an individual basis. Student absences from this assignment will be graded as zero. A physician's note will be required for absences due to illness. Any acts of cheating or incidences of academic dishonesty will result in a grade of zero.



**GRADING CRITERIA:**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

Date	Lecture	Seminar
September 3-6	Course Orientation	Growth Mindset Mindfulness & Self-Care
September 9-13	Health	Learning Commons Tour
September 16-20	Stress & Coping	Academic Success Strategies
September 23-27	Well-Being & Resilience	Using Library Databases/Conducting Research Importance of Academic Integrity
September 30-Oct 4	Self-Management	Writing Scholarly Papers
October 7-11	Professional Identity/Nursing	Reflective Writing
October 14-18	Ethics	Concept Maps/Mind Mapping/Using Exemplars
October 21-25	Communication	Therapeutic Communication Techniques
October 28 – Nov. 1	Collaboration	In-Seminar Activity – <b>Concept Map Due</b>
November 4-8	Leadership	Your Leadership Style
November 11-15	<b>FALL BREAK – NO CLASSES</b>	
November 18-20	Clinical Judgment <b>Paper Due November 18<sup>th</sup> @ 2359</b>	Clinical Judgment Exercises
November 25-29 <sup>th</sup>	Exam Review	Developing Nursing Care Plans
December 2-6	<b>Medical Terminology Exam</b>	Next Generation NCLEX (NGN) Bootcamp
December 9-13	<b>NO CLASSES</b>	
December 12-19	<b>FINAL EXAM WEEK</b>	



## **ACADEMIC PROGRESSION CRITERIA**

A grade of C+ is the minimum passing grade for the following courses: NS1500, NS1205, NS1160, NS1240, NS1250, MI1330, NS2200, NS2160.

A grade of C- is the minimum passing grade for all other Nursing courses in the program. For promotion from year to year in the program and for graduation, students must have successfully completed all the required Nursing and non-Nursing courses of the previous year.

## **STUDENT RESPONSIBILITIES:**

Students should refer to the College Policy on Student Rights and Responsibilities at:

<https://www.gprc.ab.ca/about/administration/policies/>

**Note:** all Academic and Administrative policies are available on the same page.

Professional responsibility for nursing students includes attending all lectures and seminars. Unexplained absences and/or arriving to class late and/or unprepared demonstrates unprofessional behavior and may hinder student success in the course and the program.

## **ACADEMIC CALENDAR AND IMPORTANT DATES:**

Students are to refer to the 2024-2025 *Northwestern Polytechnic Academic Calendar* at regarding important dates. <https://www.nwpolytech.ca/programs/calendar.html#/home>

## **NURSING PROGRAM POLICIES:**

Students are to refer to the 2024-2025 *Northwestern Polytechnic Academic Calendar* at and the *University of Alberta Collaborative Baccalaureate Nursing Program with Northwestern Polytechnic Student Handbook* for specific nursing program policies that may pertain to the course.

### **Academic Calendar – Program Requirements:**

<https://www.nwpolytech.ca/programs/calendar.html#/programs/HJSes6Ahs?>

### **Nursing Handbook:**

<https://nwpolytech.ca/departments/nursing/index.html#handbk>

## **ASSIGNMENT POLICY:**

To obtain credit in the course ALL assignments, examinations, and quizzes must be completed. Students are expected to make every effort to complete assignments on time. Assignment submissions are expected on the date determined by faculty. If extensions are necessary, they may be requested up to 48 hours prior to the assignment due date and should be submitted in writing to the faculty member involved for review. Not all extensions will be granted. In exceptional situations, extension requests within the 48-hour period may be considered. Late assignments will have 5% of total marks (or one letter grade) for the assignment deducted for each day/partial day (including weekend days) beyond the due time. For example, a paper marked at B+ would receive an adjusted grade of B if handed in one day late. After 5 days, a grade of 0 will be awarded to



the assignment. Papers/assignments may not be rewritten for a higher grade. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received. Concerns regarding grading are to be discussed with the faculty member involved.

### **SPECIALIZED SUPPORT AND DISABILITY SERVICES:**

Students who require accommodations in this course due to disability affecting mobility, vision, hearing, learning, or mental or physical health are advised to discuss their needs with NWP's Student Services and the course instructor.

### **COMMUNICATION:**

Students must use their NWP e-mail address and include a subject line when communicating with the course instructor and other faculty members. The content messages of both e-mail and voice mail must be delivered in a professional manner. Inappropriate messages may be considered "harassment." Refer to the Code of Student Behaviour Section 30.3.4(6) d. Inappropriate use of e-mail sent to fellow students and members of the Faculty of Nursing will result in disciplinary action. Please refer to the University of Alberta/NWP Collaborative Faculty of Nursing's guidelines for e-mail etiquette, the link is provided: <https://www.ualberta.ca/youalberta/2022/11/how-to-email-your-professors.html>

The use of social networking services such as, but not limited to, Facebook, Instagram, Snapchat, Tik Tok, Twitter, WhatsApp, internet messaging, blogs, and wikis, are subject to the professional and ethical responsibilities outlined in the Canadian Nurses Association (2017) Code of ethics for registered nurses, and the University of Alberta Code of Student Behaviour, Section 30.3.3 Inappropriate Behaviour in Professional Programs.

### **COURSE MATERIAL AND ANNOUNCEMENTS:**

The NWP Faculty of Nursing created a myClass site for all undergraduate nursing courses. Students are expected to access and become familiar with their myClass site at the beginning of each course and to access their myClass site on a regular basis throughout the course. Failure to do so may result in students missing important course-related information, resources, instructor feedback, and announcements. General NWP Faculty of Nursing (FON) and course announcements will be made on myClass.

### **STATEMENT ON ACADEMIC MISCONDUCT:**

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

\*\*Note: all Academic and Administrative policies are available on the same page.



### APA Scholarly Paper Marking Guide

The American Psychological Association (APA) is the organization that created the language used and understood by academics around the world. Using APA style in scholarly assignments communicates important information about your sources - it helps to credit sources and distinguish your own ideas from others' and avoid plagiarism. (Fitchburg State University, 2021). Use the following feedback to enhance the quality of your APA in future scholarly assignments.

<b>Title page:</b> Includes all elements necessary on a student title page.	/3
<b>Text (Body):</b> Introduction, including a correctly written thesis statement. Development and organization of ideas throughout body of paper. Conclusion, including an adequate summary of paper.	/6
<b>Format &amp; Organization:</b> Title page, paper, and reference list contain correct formatting and organization. Level 1 and 2 headings included and done correctly.	/3
<b>In-Text Citations &amp; Paraphrases and Quotations:</b> Secondary sources, parenthetical citations, narrative citations, and direct quotations written and cited correctly.	/8
<b>Reference List:</b> Format done correctly. Utilized two (2) textbooks and two (2) periodicals.	/5

**Comments:**

**Mark: /25**