



DEPARTMENT OF NURSING EDUCATION & HEALTH STUDIES COURSE OUTLINE – Fall 2025

NS1205 (A2/B2/C2/S1-S3): 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

Phone: (780) 539-2805

Email: tevans@nwpolytech.ca

Location: HEC 341

Office Hours: By Appointment

Seminar Instructors:

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

Sections: S1

Phone: (780) 539-2805

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Location: HEC 341

Office Hours: By Appointment

Eleni Hansen MN, RN, PhD(c)

Sections: S2, S3

Phone: (780) 539-2045

Email: chansen@nwpolytech.ca

Location: HEC 348

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:

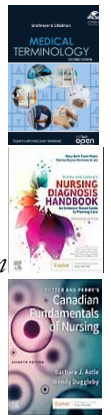
Corequisites: NS1500

REQUIRED TEXT/RESOURCE MATERIALS:

Ernstmeyer, K., & Christman, E. (Eds.). (2024). *Medical terminology 2e*. Open RN | WisTech Open.
<https://wtcs.pressbooks.pub/medterm/>

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

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



OPTIONAL RESOURCE MATERIALS:

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Author.

Purdue Online Writing Lab. (n.d.). *General format*. Purdue Online Writing Lab.

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html



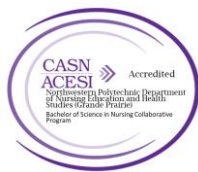
University of Alberta Library. (2025). *APA citation style quickguide*.

https://guides.library.ualberta.ca/ld.php?content_id=35043857

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
APA In-Class Seminar Activity	October 15 & 17 in seminar class	20%
APA Scholarly Paper	November 7 th by 2359 via MyClass	20%
Medical Terminology Examination	December 3 & 5 in seminar class	20%
Midterm Exam	October 20 & 21 in theory class	20%
Final Exam	During Exam Week	20%

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.



EVALUATION DESCRIPTIONS:

APA In-Class Seminar Activity:

During seminar time students will apply their learning of APA 7th edition style writing to identify errors within a sample paper. This in-class activity will be completed within the class time. This activity automatically has built in time and a half.

In class activities/assignments are to be completed and submitted in class time on the day that they are administered. Absences without prior notice will result in a zero (0). There will be no makeup in-class activities available.

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 and reference pages) scholarly paper. Marking Guide is located on MyClass.

Students will select one of the following concepts and explore a topic related to it:

- Culture
- Spirituality

Medical Terminology Exam:

Students will complete the online medical terminology textbook and activities independently. A medical terminology exam will be based upon the learning you have acquired from the online textbook and will be completed near the end of the course (see assignment list above). As this is a self-paced activity, students will need to contact the theory instructor if they have any questions about this activity.

Midterm and Final Course Examinations:

Examinations include all concepts covered in the course from theory and seminar classes. Content on theory and seminar classes will be testable as well as pre-readings and in-class activities. Student absences from exams 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: **subject to change, see myClass for most up to date schedule*

Date	Lecture	Seminar
September 1-5	No Lectures This Week	Orientation Review Course Outline & Introduction to Concept-Based Curriculum
September 8-12	Professional Identity	Professional Identity in Nursing
September 15-19	Stress & Coping	Academic Strategies to Reduce Stress
September 22-26	Sleep	Concept Map In-Class Activity
September 29-Oct 3	No Lectures This Week	Library Orientation- How the Library can help you. Using Library Databases
October 6-10	Culture	Conducting Research Importance of Academic Integrity Writing Scholarly Papers
October 13-17	No Lectures This Week	APA in-class activity
October 20-24	Midterm – in theory class	Medical Terminology Review
October 27-31	Spirituality	Spirituality in Nursing
November 3-7	Well-being and Resilience Paper Due November 7 th @ 2359	Mindfulness & Growth Mindset
November 10-14	FALL BREAK – NO CLASSES	
November 17-21	Communication	Communication
November 24-28	Communication	Communication
December 1-5	Gender Diversity	Medical Terminology Exam
December 8-12	Gender Diversity CAN Sim & Exam Review	No seminars
December 13-20	NO CLASSES FINAL EXAM WEEK	



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 2025-2026 *Northwestern Polytechnic Academic Calendar* regarding important dates.

<https://www.nwpolytech.ca/programs/academic-calendar#/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/academic-calendar#/programs/HJSes6Ahs?bc=true&bcCurrent=Nursing%20C%20Degree%20Completion&bcItemType=programs>

Nursing Handbook:

<https://www.nwpolytech.ca/department-nursing>

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.