



DEPARTMENT OF NURSING EDUCATION & HEALTH STUDIES COURSE OUTLINE – Fall 2026

NS1205 (A2/B2/S1/S2): 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:

Dr. Teresa Evans RN, PhD, CCNE

Sections: A2 & B2

Phone: (780) 539-2805

Email: tevans@nwpolytech.ca

Location: HEC 341

Office Hours: By Appointment

Seminar Instructor:

Joan Jacobson, RN, MN, CCSNE

Sections: S1 & S2

Phone: (780) 539-2752

Email: jjacobson@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/>



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.



Yoodli. (n.d.). Yoodli [AI communication coaching software]. <https://yoodli.ai> (\$125 CAD)



**** Students will receive information on how to sign up for this software later. Please do not sign up or pay for this application until you are provided with instructions.**

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.

Any test, quiz, or assignment grade a student may wish to contest must be done within 5 business days of the test /quiz/assignment grade being released to the student. For all in-class evaluations, students must be present in class or receive a zero for that part of the assignment without prior authorization from the instructor.

Evaluation Strategies	Course Objective(s)	Due Dates/Times	Weighting
Communication Role Play Reflection	2, 4, & 5	In-Class Reflection November 26 th during Seminar.	15%
APA Scholarly Paper	2, 5, & 7	Outline & Thesis Statement (3%): Oct. 8 th in Seminar. APA title page, quotes, & reference page (3%) Oct. 22 nd in Seminar. Paragraph and Peer Review (4%) Oct. 29 th in Seminar. Final Paper (10%) Due November 8 th at 11:59 pm	20%
Medical Terminology & Abbreviation Quizzes	1 & 2	Quiz # 1 October 15 th in Seminar. Quiz # 2 December 3 rd in Seminar.	15%
Midterm Exam	All Objectives	October 27 th in theory class	25%
Final Exam	All Objectives	During Exam Week	25%



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 *Accommodate* by the deadline.

Please see the Academic Accommodations for Students with Disabilities Policy

<https://www.nwpolytech.ca/leadership/policies/display?ID=70>

EVALUATION DESCRIPTIONS:

Communication Role Play Reflection:

Students will participate in a communication role-play using Yoodli and reflect on their communication skills and approach. The reflection will identify strengths, areas for improvement, and strategies nurses can use for developing effective interpersonal and interprofessional communication. Students will use feedback from the Yoodli activity to support their reflection and identify how they can apply these skills in future professional interactions. More information will be available on MyClass.

Use of Yoodli AI Role-Play and Privacy Notice:

This course uses Yoodli, a third-party artificial intelligence (AI) communication platform, to provide students with opportunities to practice and reflect on therapeutic and interprofessional communication skills. During these activities, Yoodli may process information such as a student's voice or audio recording, video if enabled, transcript, responses, and AI-generated communication feedback and analytics.

Information processed through Yoodli may be stored or processed outside of Canada, including the United States, and may therefore be subject to the laws of the jurisdiction in which it is stored or processed. Students should review Yoodli's Privacy Policy for additional information regarding its collection, use, storage, and protection of personal information. Students who do not wish to use Yoodli because of privacy, data storage, or other concerns related to the use of a third-party AI platform may request an alternative assignment. Students wishing to complete the alternative assignment must contact the instructor at least 30 days prior to the assignment due date to make arrangements.

All patient/client scenarios and profiles used in these activities are fictional and have been created solely for educational purposes. They are not based on actual patients or clinical records. Students must not disclose or enter any identifying or confidential information about actual patients, families, colleagues, or clinical experiences when using Yoodli.

Student recordings, transcripts, AI-generated feedback, and related coursework are intended for teaching, learning, reflection, and assessment within this course. They will not be shared by the instructor outside the course or classroom context without the student's specific permission, except where disclosure is required by law or institutional policy.

Feedback generated by Yoodli is produced by an AI system and may contain inaccuracies, limitations, or bias. AI-generated feedback is intended to support learning and self-reflection and does not replace faculty assessment, professional judgment, course expectations, or established standards of nursing practice.

Students with questions or concerns regarding the collection, use, storage, or disclosure of their personal information should contact the instructor and/or the Northwestern Polytechnic Privacy Office

PrivacyCoordinator@NWPolytech.ca.



APA Scholarly Paper:

Students will complete a scholarly paper focused on professional identity and its relationship to professional nursing practice. Through a scaffolded writing process, students will develop foundational skills in scholarly writing for nursing students, use of evidence, academic integrity, and APA 7th edition formatting. The marking guide is located on MyClass.

Medical Terminology Quizzes:

Students will complete the online medical terminology textbook activities independently with guided discussions and worksheets during seminar classes. Medical terminology quizzes will be based on the learning acquired from the online textbook and will be completed during seminar time. Students' absences from medical terminology quizzes will be graded as zero. Students, with prior approval, can reschedule the quizzes for extenuating circumstances. For those students requiring additional time to complete these quizzes, double time has already been allotted to complete these quizzes within the class time. Quizzes will be cumulative, meaning content from the previous quiz will also be testable in the second quiz.

Midterm and Final Examinations:

Examinations include all concepts, pre-readings, and in-class activities covered in the theory and seminar classes. 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 incidents of academic dishonesty will result in a grade of zero. The final exam is cumulative, meaning that all concepts in the course, including those prior to midterm, are testable material.

Students must be available during the final exam period to write their exams.

Please refer to NWP Final Examination Policy for student and faculty responsibilities:

<https://www.nwpolytech.ca/leadership/policies/display?ID=37>



COURSE SCHEDULE/TENTATIVE TIMELINE: **subject to change**

Week	Date	Lecture	Seminar	Medical Terminology
1	September 1-4	No Lecture This Week	Orientation Review Course Outline & Introduction to Concept-Based Curriculum	Introduction
2	September 7-11	Professional Identity Part A	Being a Student in a Professional Program	Chapters 1, 2
3	September 14-18	Professional Identity Part B	Introduction to Professional Writing in Nursing	Chapter 3
4	September 21-25	Health	Finding Sources for Your Paper What Makes a good source?	Chapters 13 & 14
5	September 28-Oct 2	Stress & Coping	Stress Reduction & Academic Strategies	Chapters 15 & 16
6	October 5-9	Sleep	Writing an Outline & Thesis Statement In -Class Activity; Academic Integrity	Chapter 17
7	October 12-16	Culture Part A	Medical Terminology Quiz Using APA	
8	October 19-23	Culture Part B – Exam Review	In-Class APA Activity	Chapters 9 & 10
9	October 26-30	Midterm Exam	Scholarly Paper In-Class Activity	Chapter 11
10	November 2-6	Well-being & Resilience	Mindfulness & Growth Mindset Final APA Paper Due November 8 th at 11:59 p.m.	Chapters 4 & 5
11	November 9-13	FALL BREAK – NO CLASSES		
12	November 16-20	Therapeutic Communication	Communication	Chapter 12
13	November 23-27	Interprofessional Communication	Communication Reflection In-Class Activity	Chapters 6, 7, & 8
14	November 30 – Dec. 4	Spirituality	Medical Terminology Quiz Spirituality	
15	December 7-11	Gender Diversity & Exam Review	No Seminars	
	December 12-19	FINAL EXAM WEEK		



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

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 late to class and/or being unprepared demonstrate unprofessional behaviour and may hinder student success in the course and the program.

ACADEMIC CALENDAR AND IMPORTANT DATES:

Students are to refer to the 2026-2027 *Northwestern Polytechnic Academic Calendar* regarding important dates.

<https://www.nwpolytech.ca/programs/academic-calendar#/home>

NURSING PROGRAM POLICIES:

Students are to refer to the 2026-2027 *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.

BScN Student Handbook:

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

PROGRAM REQUIREMENTS:



<https://www.nwpolytech.ca/admission/academic-program-requirements>

ASSIGNMENT POLICY:

All Assignments, examinations, and quizzes weighted 10% or greater must be completed to obtain credit in the course and to be permitted to write the final examination. 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. 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. If the late penalty places the grade below the necessary pass grade, students will be unsuccessful in the course. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received. Papers/assignments may not be rewritten for a higher grade. 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.