



UNIVERSITY OF ALBERTA
Faculty of Nursing Undergraduate Programs
BScN COLLABORATIVE PROGRAM
Grande Prairie Regional College, Keyano College,
Red Deer College, University of Alberta



NURS 120
FOUNDATIONS FOR SUCCESS IN NURSING
COURSE OUTLINE

**Note: students are expected to familiarize themselves with this course outline,
the BScN Program Student Handbook and Moodle site.**

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NO PART OF THIS MODULE MAY BE ALTERED WITHOUT PERMISSION FROM THE DEPARTMENT CHAIR

Calendar Statement

NURS 120 – Foundations for Success in Nursing

(★4) 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. Course includes 6 clinical hours total.

Corequisites: MMI 133 and NURS 106

Students must achieve a minimum grade of C+ in order to progress in the program. Credit may be obtained for only one of NURS 120 or 103.

Course Hours

Lecture: 30 hours

Lab/Clinical: 36 hours

Course 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:

U of A NURS120

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferalberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

** 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

Course Instructor

<u>Name</u>	<u>Office number</u>	<u>Phone number</u>	<u>Email</u>
Jennifer Courtney			jennifer.courtney@keyano.ca

Communication:

It is the students' responsibility to ensure that they check Moodle courses at minimum of twice daily, once in morning and evening. It is recommended to check Moodle more frequently. It is the students' responsibility to ensure thorough review of all resources and content on the Moodle course site. The instructors have placed many resources and documents to ensure the students' success in each course.

Instructors will communicate with the student group by announcements in the news forum on Moodle. Please ensure that you check this at least twice daily.

It is the students' responsibility to check their Keyano College email at minimum of twice daily, once in morning and again in evening. It is recommended to check email more frequently. Please note that the method to contact your instructor is email.

Note: Professional emails

- Please allow a 48 hour minimum response time from your instructor on business days.
- Instructors will not be checking emails on evenings and weekends/holidays.
- Include "NURS 120" in your subject line.
- Professional and respectful communication is expected.

Online Course Information

This course will be delivered in a hyflex format. Instructors will deliver course material by utilizing different platforms that best suits the course. Online resources may include Microsoft Teams, ZOOM, virtual simulation, Adobe Connect, or Voice-Over PowerPoint Presentations. Courses will remain interactive throughout the semester and may include video lectures, forum discussions and virtual group projects. Evaluation criteria will be listed in each course syllabus.

It is the responsibility of the student to ensure access to these resources and participate in course content fully. If technical difficulties arise it is the responsibility of the student to contact their instructor as soon as possible to inform them of such. Where possible instructors will seek mutual resolution in the best interests of the class as a whole

Required Textbooks/E-books

Elsevier. (2020). *Nursing concepts online*-Access Code. Elsevier ebooks.

Giddens, J. F. (2017). *Concepts for Nursing Practice*. St. Louis, MO: Elsevier.

Required Resources

College and Association of Registered Nurses of Alberta. (March 2019). *Entry-to-practice competencies for the registered nurses profession*. Edmonton, AB: Author. Retrieved from https://www.nurses.ab.ca/docs/default-source/document-library/standards/entry-to-practice-competencies-for-the-registered-nurses-profession.pdf?sfvrsn=15c1005a_12

College and Association of Registered Nurses of Alberta (2010). *Ethical decision-making for registered nurses in Alberta: Guidelines and recommendations*. Edmonton: Author. Retrieved from https://www.nurses.ab.ca/docs/default-source/document-library/guidelines/rn-ethical-decisions-making.pdf?sfvrsn=d714472f_10

College and Association of Registered Nurses of Alberta. (2013). *Practice standards for regulated members*. Retrieved from https://nurses.ab.ca/docs/default-source/document-library/standards/practice-standards-for-regulated-members.pdf?sfvrsn=d4893bb4_12

Canadian Nurses Association (CNA) Code of Ethics for Registered Nurses (2017). Accessed at: <https://cna-aic.ca/en/nursing-practice/nursing-ethics>

College and Association of Registered Nurses of Alberta. (January 2020). *Incorporating primary health care into practice*. Edmonton, AB: Author. Retrieved from https://nurses.ab.ca/docs/default-source/document-library/position-statements/primary-health-care-position-statement.pdf?sfvrsn=9b1e0610_8

College and Association of Registered Nurses of Alberta. (2011). *Professional boundaries for registered nurses: Guidelines for the nurse-client relationship*. Edmonton, AB: Author. Retrieved from http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Guidelines/RN_ProfessionalBoundaries_May2011.pdf

Faculty of Nursing, University of Alberta. (2017). *Graduate Competencies and Year-End Outcomes Condensed Version Rev. 2.0*. Retrieved from Moodle Nurse 001Skills/Resources/Policies/Surveys course.

Recommended Textbooks & Resources

Doane, G.H. & Varcoe, C. (2015). *How to nurse*. (1st ed.). Philadelphia, PA: Wolters Kluwer/Lippincott, Williams & Wilkins.

American Psychological Association. (2017). *Publication manual of the American Psychological Association* (7th ed). Washington, DC: Author. May supplement with credible APA software equipment i.e. <http://perrla.com/APADetails.aspx>

Performance Requirements & Student Services

Student Responsibilities

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the [Keyano College credit calendar](#). The Keyano College credit calendar also has information about Student Rights and Code of Conduct. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own;
- The use of unauthorized aids in assignments or examinations (cheating);
- Collusion or the unauthorized collaboration with others in preparing work;
- The deliberate misrepresentation of qualifications;
- The willful distortion of results or data;
- Substitution in an examination by another person;
- Handing in the same unchanged work as submitted for another assignment; and
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and

show it to each of your instructors. Your course work may not be graded until you show this signed certificate.

Specialized Supports

The Student Services Department is committed to Keyano students and their academic success. There are a variety of student supports available at Keyano. Due to the continuing situation with the Covid-19 pandemic, the offered support services will be implemented through a model to respond to the restrictions in force at the time. In-person and virtual services will be offered. All Alberta Health Services guidelines will be followed for in-person appointments—wear a mask, maintain two meters of physical distance, use hand sanitizer, and stay home if you are unwell.

All student services are available during Keyano business hours: Monday to Friday, 8h30-16h30. The College is closed for statutory holidays. If you require support outside of regular business hours, please inform the support service team, and we will do our best to accommodate your needs.

Accessibility Services: provides accommodations for students with disabilities. Students with documented disabilities, or who suspect a disability, can meet with a Learning Strategist to discuss their current learning barriers and possible accommodations. Students who have accessed accommodations in the past are encouraged to contact us to request them for the semester. Please note that requesting accommodations is a process and requires time to arrange. Contact us as soon as you know you may require accommodations. For accessibility supports and to book an appointment, please contact accessibility.services@keyano.ca.

Accessibility Services also provides individual and group learning strategy instruction for all students, as well as technology training and supports to enhance learning. Meet with a Learning Strategist to learn studying and test-taking strategies for online classes. Schedule an appointment with the Assistive Technology Specialist to explore technology tools for learning. Book an appointment today by emailing accessibility.services@keyano.ca

Wellness Services: offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. Students may access services virtually and in-person.

Wellness Services welcomes students to participate in any of the group sessions offered throughout the academic year addressing topics including mindfulness and test anxiety.

Individual appointments can be made by emailing wellness.services@keyano.ca.

Library Services: provides students with research and information supports as they engage in their studies. Library staff are available to support you both online and in-person throughout the semester. For a detailed list of library supports and services, go to www.keyano.ca/library. For all inquiries, please email askthelibrary@keyano.ca or chat with us online.

Begin your research with the Library's FIND page. Search for information and sources for your assignments using the OneSearch, the Library's Catalogue, or by searching in a specific database selected from the A-Z Database List.

Individual support with us is available. For support with citations, research and other information needs, appointments can be booked using the online Book A Librarian Calendar. For support with Moodle, educational tools for assignments, Microsoft Office, Zoom, Teams and more, book an appointment using the online Educational Technology Support Calendar.

Research and subject guides are helpful resources when beginning your research, assignment, using new educational technology, or addressing other information needs. To view a subject or course-specific guide, check out the complete listing of online [Subject Guides](#).

To access additional research resources, including Citation Guides (APA, MLA, Chicago, or IEEE), go to the [Research Help Library page](#).

The Loanable Technology collection is available to support students in their learning pursuits, whether online, in person or both. Items available for borrowing include mobile projectors, webcams, noise-cancelling headphones, Chromebooks, and laptops. For an up-to-date list of technology available for borrowing as well as support available, go to the Library's [Loanable Technology webpage](#).

Academic Success Centre: The Academic Success Centre is a learning space in the Clearwater Campus (CC-119) at Keyano College. Students can gather to share ideas, collaborate on projects, get new perspectives on learning from our Academic Content Specialists, or use the Centre's educational resources. The Academic Success Centre provides academic support services to students registered in credit programs at Keyano College in the form of individual tutoring, writing support groups, facilitated study groups, workshops, and study space. Services are **free** to Keyano students.

Academic Content Specialists are available in the areas of Math, Science, Human Services, and English/Humanities. This covers all courses offered at Keyano. The Academic Success Coach can also be found in the Academic Success Centre.

For the most up to date information on how to book a session, please view [the Keyano Academic Success Centre homepage](#).

Academic Integrity: The goal of the Academic Success Centre is to foster a student's ability to learn effectively and independently. Students registered at Keyano College are welcome to drop by the Centre to visit with any of our Academic Content Specialists to discuss their academic concerns.

Availability: Monday to Friday: 8:30 a.m. – 4:30 p.m. Flexible times may be available upon request. Virtual and in-person sessions, please email to get in contact with our Academic Content Specialists. For the most up to date information on how to book a session, please view the [Academic Success Centre homepage](#).

Academic Success Coach: offers you support and access to resources for your academic success to help you to find the Keys to your Success. The Academic Success Coach will work with you to develop an academic success plan, develop your study and time management skills, and connect you with the right resources here at Keyano. Academic.success@keyano.ca is the best way to access resources during blended service delivery. The Academic Success Coach is located in the Skill Centre in CC-119 at the Clearwater Campus.

E-Learning

Technology and internet will impact your online learning experience. It's important that you can watch an online video and other course materials, take online quizzes and participate in a live class with your instructor and other students. Live/virtual classes will be hosted in Microsoft Teams or Zoom.

For all course delivery types, you will access your course resources on Keyano's learning management system, [Moodle \(iLearn\)](#). Login in using your [Keyano username and password](#).

Keyano College operates in a Windows based environment, and having the correct tools for online learning is important. Here's a list of recommended system requirements.

Internet Speed

Minimum Internet speeds of 10 Mbps.

Recommended Internet speeds of 25 Mbps (especially if you are sharing your internet at home).

Check your internet speed with [Fast.com](#).

System requirements:

Microsoft Windows	Apple
<p>Minimum Requirements:</p> <ul style="list-style-type: none"> · A Windows 10 computer/laptop · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). Microsoft Office software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software 	<p>Minimum Requirements:</p> <ul style="list-style-type: none"> · A Macintosh (V10.14 and above) computer/laptop · Minimum 4GB of RAM. · 10GB+ available hard drive storage. · Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). Microsoft Office software is free to all Keyano students and employees. · Microphone, webcam and speakers. A headset with a microphone is recommended. · System updates must be regularly installed. · Anti-Virus / Anti-Malware software.
<p>Recommended Requirements</p> <ul style="list-style-type: none"> · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office using Keyano Mail. 	<p>Recommended Requirements</p> <ul style="list-style-type: none"> · 8GB of RAM · A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office using Keyano Mail.
<p>Chromebooks are not recommended as they are not compatible with testing lockdown browsers.</p> <p>A Microsoft Surface or iPad or iPad Pro may be possible alternatives in some program areas.</p>	

Specific Department Requirements:

Business and OA programs require Windows 10.
Other programs may utilize Windows based tools as well.

Computer Software

Students will be able to get access to Microsoft Office 365 for free using Keyano credentials by [clicking here](#).

Recording of Lectures and Intellectual Property

Students may only record a lecture if explicit permission is provided by the instructor or by Accessibility Services. Even if students have permission to record a lecture or lecture materials, students may not share, distribute, or publish any of the lectures or course materials, this includes any recordings, slides, instructor notes, etc. on any platform. Thus no student is allowed to share, distribute, publish or sell course related content (instructor, or students) without permission. It is important to recognize that the Canadian Copyright Act contains provisions for intellectual property. The [Academic Integrity Policy](#) provides additional information on Keyano College's expectations from students as members of the intellectual community.

ITS Helpdesk

If you are having issues with your student account, you can contact the ITS Helpdesk by emailing its.helpdesk@keyano.ca or calling 780-791-4965.

Final grades

The assignments are marked as raw scores according to the percentage weight assigned to each. The marks on course assignments will contribute to the overall letter grade according to the percentage that each assignment is weighted in the course. At the end of the course, all assignment scores are totaled for a term summary mark in the course based on the grading scale below. The FINAL COURSE GRADE is based on the cumulative total of individual student's weighted assignment marks. Grading rubric is in Appendix A.

Deferred Final Exams

A student who has missed a final exam because of incapacitating mental and/or physical illness, severe domestic affliction or for circumstances as described in Keyano College's Examination Policy in the Credit Calendar.

Policy Statements

The course outline acts as an agreement between the student and the instructor of this class regarding the details of the course.

Keyano College is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the College in this respect. Students are particularly urged to familiarize themselves with the provisions of the Academic Policies and Student Rights and Code of Conduct and avoid any behavior which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the College.

Audio or video recording, digital or otherwise, of lectures, labs, seminars or any other teaching environment by students is allowed only with the prior written consent of the instructor or as a part

of an approved accommodation plan. Student or instructor content, digital or otherwise, created and/or used within the context of the course is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the content author(s).

Students wishing to proceed in the Nursing program must achieve a grade of at least C+ in the foundational Nursing courses. Policy regarding the foundational course minimum pass can be found in the Keyano College Credit Calendar.

Please refer to the Nursing Program Student Handbook for specific Nursing Program Policies, including, attendance, examinations, withdrawal dates for classes, and plagiarism.

Refer to Keyano College Calendar for Student Rights and Responsibilities, Misconduct and Discipline, and Student Appeal Procedure.

Refer to the Student Handbook, review the Student Code of Conduct Policy (Policy 110.0), Student Rights Policy (Policy 111.0) and Student Code of Conduct Procedure (110.1). It is expected that you will review and be aware of expectations relative to student rights, responsibilities, and behavior.

Course Evaluation

Assignments/Course components	Dates	Weight	Course objectives no.
1) One-page paper- Part A	October 4 th , 2021	10%	1,2,3,7
2) One-page paper - Part B	November 8 th , 2021	20%	1,2,3,7
3) Midterm	October 25 th , 2021	20%	1,2,3
4) Student Success Manifesto	November 29 th , 2021	25%	1-6
5) Final Exam	December Final Exam Schedule	25%	1-6

Assignment Descriptions

1. Scholarly Paper: Part A (One page) (10%)

One-page paper Part A: Purpose statement, summary/outline and references. Students will work **in pairs** to choose a social determinant of health that has affected one or both of them, create a purpose statement, and an outline and reference list with 5 sources. Students must use APA 7th edition formatting.

The purpose of this assignment is to support student learning around health and the social determinants of health (SDOH). This assignment also helps students learn to write concisely.

1. **Select and describe one SDOH** (demonstrate your understanding of your chosen SDOH).
 - a. Income and social status (income and its distribution)

- b. Social support networks
 - c. Education and literacy
 - d. Employment and working conditions (Unemployment and employment security)
 - e. Physical environment (geography, housing, food security)
 - f. Biological and genetic endowment
 - g. Individual health practices and coping skills
 - h. Healthy child development (early life)
 - i. Health services (health care services)
 - j. Gender
 - k. Culture (immigrant status, race, indigenous ancestry)
 - l. Social environments (social safety net, social exclusion, disability)
2. Discuss **how the SDOH has influenced the past or current health** of a chosen student (choose one student from the pair to write about).

Students will submit the following for Part A:

1. Title page
2. Body page with:
 - a. Purpose statement
 - b. Essay outline
3. Reference page (5 sources) with at least 2 credible (scholarly) references that are not a textbook. You may reference textbooks as well but have at least 2 others from a peer reviewed source.

2. Scholarly Paper: Part B (Two pages) (20%)

Working in the **same pair from Part A**, students will follow the assignment guidelines and the rubric to write a two-page paper. Paper is to be in APA format with a title page and a reference page as indicated below.

Students will submit the following for Part B:

1. Title page
2. One-page paper
 - a. Introduction
 - b. Body
 - c. Conclusion
3. Purposefully integrate feedback received from Part A into Part B.
4. Discuss and incorporate the chosen SDOH into personal example/reflection.
5. Must integrate supporting references throughout paper.
6. Reference page at least 2 references outside of textbooks.

Students must use APA 7th edition to format the paper. (Use a 7th edition APA template **and** the APA 7th edition textbook or website (apastyle.org) for formatting, citing and referencing. The word limit is a **maximum** of **500** words. Students should use credible nursing and health literature (sources) to support their discussion.

3. Midterm (20%)

Examination will consist of 50 multiple choice questions. Will be completed during class time – see timetable for date. The use of Respondus and Lockdown Browser is mandatory.

4. Student Success Manifesto (25%)

A *manifesto* is a powerful declaration of values and intentions about a topic, idea or event. This manifesto will act as your opportunity to consider, reflect and create your personal declaration of who you are today and who you aspire to become in this nursing program.

7th ed APA formatting must be used to reflect your personal declaration of what you value about nursing as a profession, what you believe about being a student in a professional program and the vision you have for yourself as a student in this professional program.

Include a minimum of 5 references and 2 must be (scholarly) peer reviewed journal articles.

Guidelines for your Manifesto

1. Introduction
2. Nursing as a Profession
 - a. What do you value/believe about nursing as a profession?
3. Being a student in a professional program
 - a. What values/beliefs do you live by?
 - b. What do you bring to the program?
 - c. What do you bring to the profession?
4. Your vision
 - a. What is your vision for yourself as a student in this professional program?
 - b. What values/beliefs do you intend to continue to uphold? Why?
 - c. What additional values/beliefs do you intend to integrate? Why?
 - d. How will your vision guide you throughout the program?
 - i. Through positive events?
 - ii. Through challenging times?
5. Conclusion

5. Final Exam (25%)

Final Exam: Examination will consist of 100 multiple choice, true/false and select all that apply questions and will cover material from the entire course. This exam will be scheduled during exam week from December 7th to December 11, 2020. The use of Respondus and Lockdown Browser is mandatory.

6. Volunteer Activity (P/F)

With a group, family, friends, peers, or partner, do an activity that would benefit the community. Use this time to communicate with vulnerable populations, clean up a littered area, or get into contact with an agency for formal activities like visiting the elderly in Willow Square or Rotary House. Complete one paragraph on the experience (can be written informally).

Using LockDown Browser and Respondus for Online Exams

This course requires the use of LockDown Browser for online exams. Watch this [short video](#) to get a basic understanding of LockDown Browser and the optional webcam feature (which may be required for some exams).

Then download and install LockDown Browser from this link:

<https://ilearn.keyano.ca/course/view.php?id=28874#section-7>

To take an online test, start LockDown Browser and navigate to the exam. (You won't be able to access the exam with a standard web browser.) For additional details on using LockDown Browser, review this Student Quick Start Guide (PDF)

Finally, when taking an online exam, follow these guidelines:

- Select a location where you won't be interrupted
- Before starting the test, know how much time is available for it, and that you've allotted sufficient time to complete it
- Turn off all mobile devices, phones, etc. and don't have them within reach
- Clear your area of all external materials — books, papers, other computers, or devices
- Remain at your desk or workstation for the duration of the test
- LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted
- Do not click on any links that may appear in questions as it will terminate the exam.

APPENDIX D: Keyano College Percentage – Alpha Grading System

Descriptor	Percentage Scale	Alpha Scale
Excellent	96-100	A+
	90-95	A
	85-89	A-
Good	80-84	B+
	76-79	B
	72-75	B-
Satisfactory	68-71	C+
	64-67	C
Minimum Pass	60-63	C-
Poor	55-59	D+
	50-54	D
Failure	0-49	F
