EASTERN ARIZONA COLLEGE
Road Trip to Success in Nursing School
Course Design
2014-2015

Course Information

Division Nursing
Course Number NUR 105
Title Road Trip to Success in Nursing School
Credits 1
Developed by C. McCormies
Lecture/Lab Ratio 1 Lecture/0 Lab
Transfer Status

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
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<tbody>
<tr>
<td>Non Transferable</td>
<td>CTE Departmental Elective</td>
<td>Elective Credit</td>
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Activity Course No
CIP Code 51.3801
Assessment Mode Portfolio
Semester Taught Fall and Spring
GE Category None
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites
Acceptance into nursing program. This course is strongly recommended but not mandatory.

Educational Value
TO GENERAL EDUCATION: Provides opportunity for students to apply, analyze, synthesize, and evaluate concepts learned in general education.

TO MAJOR / PROGRAM: This course introduces students into the nursing program.

TO OTHER COURSES OR CURRICULA: This course is congruent with other nursing courses.

Description
This course will act as an introduction into the nursing program. It will include differentiating a program of study from individual courses, clarifying expectations, learning study skills and test taking strategies. It emphasizes practicing stress and coping techniques and enhancing organizational and time management skills. It is formatted to provide two intense days shortly before beginning the nursing program (NUR 120).

Supplies
Index cards, markers, highlighters, and notebook.
Competencies and Performance Standards

1. Develop realistic expectations of participating in a nursing program of study

   Learning objectives
   What you will learn as you master the competency:
   a. Differentiate a program of study from individual courses.
   b. Discuss the process and content of NCLEX testing.
   c. Review factors that contribute to burn out.
   d. Clarify expectations of the nursing program.
   e. Develop realistic expectations of participating in the nursing program including clinicals.

   Performance Standards
   Competence will be demonstrated:
   - during classroom participation and on the final examination
   Criteria - Performance will be satisfactory when:
   - learner participates in class activities

2. Develop and utilize organizational skills

   Learning objectives
   What you will learn as you master the competency:
   a. Examine the process of multitasking.
   b. Review current roles the student is fulfilling.
   c. Review strategies of time management.
   d. Acquaint self with organizational skills.
   e. Develop organizational skills for survival in the nursing program.
   f. Review current techniques of maintaining balance.
   g. Identify time wasters.
   h. Outline sample week - incorporating study time.

   Performance Standards
   Competence will be demonstrated:
   - during classroom participation and on the final examination
   Criteria - Performance will be satisfactory when:
   - learner participates in class activities

3. Review and augment study skills and test-taking strategies

   Learning objectives
   What you will learn as you master the competency:
   a. Identify preferred learning style(s).
   b. Familiarize self with multiple study skills for all types of learning.
   c. Focus on student centered learning.
   d. Explore test taking strategies.
   e. Acquaint self with resources available on campus and on line.
**Performance Standards**

*Competence will be demonstrated:*
- during classroom participation and on the final examination

*Criteria - Performance will be satisfactory when:*
- learner participates in class activities

4. **Discuss stress and enhance coping techniques**

**Learning objectives**

*What you will learn as you master the competency:*
- a. Acknowledge stress and identify its impact on life.
- b. Assess current coping skills.
- c. Explore alternative coping methods.
- d. Apply stress reduction and coping techniques for academic success.

**Performance Standards**

*Competence will be demonstrated:*
- during classroom participation and on the final examination

*Criteria - Performance will be satisfactory when:*
- learner participates in class activities

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**Types of Instruction**

Classroom Presentation & Demonstration

**Grading Information**

**Grading Rationale**

Weight given to quizzes, exams, and other methods of evaluation: Class is graded on a total point scale. The quizzes and/or assignments including class participation are worth 200 points.

**Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage Range</th>
<th>Total Points</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100% of total point value</td>
<td>(270-300 points)</td>
</tr>
<tr>
<td>B</td>
<td>80-89.99% of total point value</td>
<td>(240-269 points)</td>
</tr>
<tr>
<td>C</td>
<td>70-79.99% of total point value</td>
<td>(210 – 239 points)</td>
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<tr>
<td>D</td>
<td>60-69.99% of total point value</td>
<td>(180 – 209 points)</td>
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<tr>
<td>F</td>
<td>0-59.99% of total point value</td>
<td>(0 - 179 points)</td>
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