

**OHLONE COLLEGE**  
**Ohlone Community College District**  
**OFFICIAL COURSE OUTLINE**

**I. Description of Course:**

1. **Department/Course:** NUR - 119
2. **Title:** Strategies for the RN Student
3. **Cross Reference:**
4. **Units:** 2  
**Lec Hrs:** 2  
**Lab Hrs:**
5. **Repeatability:** Yes Times:2
6. **Grade Options:** Letter Grade, May  
Petition Credit/No Credit (GC)

7. **Degree/Applicability:**  
Credit, Degree Applicable, Not  
Transferable (D)
8. **General Education:**
9. **Field Trips:** Not Required
10. **Requisites:**  
**None**

**12. Catalog Description:**

The course will provide an introduction to the role of the registered nurse. Students will acquire critical thinking, time management, finance management, study and life skills necessary for RN student success.

**13. Class Schedule Description:**

Introduction and acquisition of skills necessary for RN student success.

**14. Counselor Information:**

The course is strongly recommended for students considering entry into a nursing program, current nursing students, and/or students exploring health care careers.

**II. Student Learning Outcomes**

The student will:

1. Compare the role of the registered nurse to other members of the health care team.
2. Evaluate the different educational tracks to an entry level registered nurse.
3. Gain basic critical thinking skills pertinent for a nursing program.
4. Create a personal management plan which includes time and stress management, and healthy lifestyle choices.
5. Prepare an educational plan that includes finances and career goals.
6. Discover personal learning styles and apply them to achieving success in a nursing program.
7. Identify personal challenges that may interfere with the completion of the nursing program and develop strategies to facilitate success.

**III. Course Outline:**

**A. Discover Nursing**

1. Compare RN's to other health care careers
2. Skills Necessary in Nursing
3. Practice Areas

**B. Researching Nursing Education**

1. Three ways to become an RN

- 2. The Art and Science of Nursing
- C. Self-awareness
  - 1. Discovering your learning style
  - 2. Using your learning style
- D. Goal Setting and Time Management
  - 1. Using values to map goals
  - 2. Managing Time
- E. Scientific Inquiry
  - 1. What is Critical Thinking?
  - 2. Critical Thinking in Nursing
- F. Wellness and Stress Management
  - 1. Maintaining a healthy body
  - 2. Managing Stress
  - 3. Smart decisions about sex, drugs, and health
- G. Reading and Studying
  - 1. SQ3R in reading
  - 2. Critical thinking in studying
  - 3. Research and writing
- H. Listening, Memory, Note Taking, and Test Taking
  - 1. Listening, note taking, and memory
  - 2. Test-taking in Nursing
  - 3. Test anxiety
- I. Relating to Others
  - 1. Communicating in a changing world
  - 2. Cultural Competence in Nursing
- J. Managing Money and Career
  - 1. Budgeting
  - 2. Planning a Career
- K. Moving Ahead
  - 1. Building a flexible future

#### IV. **Course Assignments:**

- A. Reading Assignments
  - 1. Textbook and article readings
- B. Projects, Activities, and other Assignments
  - 1. Online searches
  - 2. Textbook activities
- C. Writing Assignments
  - 1. "Reality RN" paper
  - 2. Message board discussions

#### V. **Methods of Evaluation/Assessment:**

- A. "Reality RN" interview and paper--with RN interview and Research practice areas
- B. Textbook/Online activities--1. Writing a Career Goal, 2. Wellness Assessment and Plan  
3. Create weekly/semester schedule, 4. Using mind actions to critical think 5. Complete multiple intelligence, personality, and learning style activity, 6. Using learning style in note taking, reading, and studying, 7. Anxiety analysis, 7. Cultural competence and communication
- C. Quizzes to explore Test-Taking in Nursing

- D. Message board discussions--1. Who am I? 2. Why Nursing? 3. Discover Your Values, 4. Personal Time-Wasters, 5. Budget Woes, 6. Diversity in Nursing, 7. Science and Art in Nursing

**VI. Methods of Instruction:**

- A. Seminar
- B. Computer Assisted Instruction
- C. Discussion
- D. Distance Learning

**VII. Textbooks:**

Required

1. Judith Katz, PhD, RNC with Carol Carter, Joyce Bishop, Sarah Lyman Kravitz *Keys to Nursing Success* 2nd Edition, Pearson Education, Inc., 2004 ISBN: 0-13-113558-9

Optional

**VIII. Supplies:**

- A. Optional:  
Saunders Student Nurse Planner by Susan C. deWit, Version 4, 2006