College of Health Sciences
SCHOOL OF NURSING
(Undergraduate Program)

Syllabus

<table>
<thead>
<tr>
<th>Course Number</th>
<th>NURS.1010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Title</td>
<td>Strategies for Academic Success</td>
</tr>
<tr>
<td>Credits</td>
<td>1</td>
</tr>
<tr>
<td>Semester</td>
<td>Spring 2017</td>
</tr>
<tr>
<td>Class days/time</td>
<td>Thursdays: 9:30 – 10:20 a.m.</td>
</tr>
<tr>
<td>Faculty</td>
<td>Ramraj Gautam, Ph.D.</td>
</tr>
<tr>
<td>Office</td>
<td>Health and Social Science Building RM 369 (third floor)</td>
</tr>
<tr>
<td>Phone/Email</td>
<td>978-934-4398/ <a href="mailto:Ramraj_Gautam@uml.edu">Ramraj_Gautam@uml.edu</a></td>
</tr>
</tbody>
</table>

Course Description

This introductory course will assist nursing students to learn strategies for creating greater academic, professional and personal success. Specific attention will be given to exploring the profession of nursing, academic integrity, goal setting, time management, critical thinking and communicating with others. Consideration will be given to note taking skills, text reading and studying, writing, test-taking strategies, library use and research techniques, wellness and stress management, and campus resources.

Course Pre-requisites

None

Course Co-requisites

None

Course Objectives

At the conclusion of this course, the student will be able to:

A. Demonstrate beginning techniques for communicating effectively with others.
B. Demonstrate a beginning understanding of the profession of nursing.
C. Examine skills needed to succeed in college and the nursing program.
D. Apply academic integrity and critical thinking skills to the study of nursing.
E. Foster a climate of respect and inclusivity.
F. Discuss personal wellness and stress management strategies
G. Employ organizational, time management, and conflict resolution skills.
H. Recognize personal learning preferences.
I. Explore techniques for academic reading, writing, note and test taking.
J. Demonstrate basic American Psychological Association (APA) Style format, library skills and use of campus academic resources.
General Information

A. **Teaching methods:**

Lecture, group discussion, individual and group assignments

B. **Attendance:**

Attendance is mandatory. Students must notify faculty regarding absence prior to the start of the class in order for an absence to be an excused absence. Students should immediately notify the instructor about conflict between their religious observance and course due dates/examinations.

(http://www.uml.edu/Catalog/Undergraduate/Policies/Attendance-Policies.aspx)

C. **Evaluation Methods**

**Method of Evaluation: (Consult Grading Rubric Document)**

1) Weekly Homework and practice exam – 15%
2) Assignment 1 – APA Quiz 20%
3) Assignment 2 – Professional Group Activity 20%
4) Assignment 3 – APA Paper 20%
5) Attendance and Class Participation Assignments 15%
6) Skills folder 10%

D. **Grading, Academic Standing and Course Progression**

**Grading:**

The following grading scale will be utilized for all assignments:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>100-94</td>
</tr>
<tr>
<td>A-</td>
<td>93-90</td>
</tr>
<tr>
<td>B+</td>
<td>89-87</td>
</tr>
<tr>
<td>B</td>
<td>86-84</td>
</tr>
<tr>
<td>B-</td>
<td>83-80</td>
</tr>
<tr>
<td>C+</td>
<td>79-77</td>
</tr>
<tr>
<td>C</td>
<td>76-74</td>
</tr>
<tr>
<td>C-</td>
<td>73-70</td>
</tr>
<tr>
<td>D+</td>
<td>69-67</td>
</tr>
<tr>
<td>D</td>
<td>66-64</td>
</tr>
<tr>
<td>F</td>
<td>&lt;64</td>
</tr>
</tbody>
</table>

Academic Integrity:

The School of Nursing policy on academic progression may be found in the University of Massachusetts Lowell Undergraduate Catalogue. You are accountable for knowing and adhering to these policies. If necessary, contact your advisor or instructor for clarification of these policies. To qualify for continued matriculation in a program in the College of Health Sciences, all students must maintain ongoing cumulative averages of 2.70 or better by achieving the following averages at the end of the freshman year and at the end of each semester thereafter: 1) a semester average of 2.70 or better, 2) not less than a grade C+ in any professional major course, and 3) a semester average of 2.70 or better for professional courses attempted in the major. Students who fail to satisfy these academic requirements will be dismissed from their respective programs, see UMass Lowell undergraduate catalog. [http://www.uml.edu/Catalog/Undergraduate/Health-Sciences/Departments/Nursing/Policies/Retention-Continuance-Grading-Appeals.aspx](http://www.uml.edu/Catalog/Undergraduate/Health-Sciences/Departments/Nursing/Policies/Retention-Continuance-Grading-Appeals.aspx)

E. **Academic Integrity**

It is the students’ responsibility to familiarize themselves with the University policies of dishonesty and cheating. Definitions of academic dishonesty and prohibited academic practice and behavior can be found at [https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Academic-Integrity.aspx](https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Academic-Integrity.aspx)

A few definitions are provided here:

- **Cheating** - use, or attempted use, of trickery, artifice, deception, breach of confidence, fraud, or misrepresentation of one's academic work.
- **Fabrication** - falsification or invention of any information or citation in any academic exercise.
• **Plagiarism** - representing the words or ideas of another as one's own work in any academic exercise. You are not permitted to use assignments from other graduate courses for assignments in this course (a form of self-plagiarism). Your papers must reflect proper attribution for any materials used in the development of the paper. Use of material from any source without appropriate citation and reference is plagiarism and will be treated as such. Plagiarism is grounds for immediate and non-negotiable failure (a grade of zero) for the paper or assignment with no option for a make-up assignment. In your writing, the expectation is that evaluation is based on clarity, creativity, depth of analysis and synthesis, organization, format, and style. Format, title page, referencing, and citing of sources is according to the American Psychological Association (APA) format, 6th edition.

• **Facilitating dishonesty** - helping or attempting to help another commit an act of academic dishonesty, including substituting for another in an examination, misrepresenting oneself, or allowing others to represent as their own one's papers, reports, or academic works.

Any person who has reason to believe that a student has committed academic dishonesty should bring such information to the attention of the appropriate course instructor as soon as possible. The procedures outlined at the link above are intended to provide the process by which sanction may be imposed if it appears that academic dishonesty has occurred, and by which students may appeal such sanctions.

F. **Cell Phones, Tablets, and Laptops**
All students should turn off or mute cell phones class. Delay use of cell phones until break. During exams or quizzes there will be no cell phones. Clicker devices are permitted. Tablets and laptops should be used for the enhancement of your learning and the only acceptable use should be viewing of lecture power points or assigned classroom research. Casual viewing of email or social media constitutes violation of this instructor’s classroom etiquette and will not be acceptable behavior. Violations of this understanding will result in a total ban of all electronic devices from the classroom. During exams there will be no cell phones or other electronic devices allowed.

G. **Ethics and Decorum**
The National Council of State Boards of Nursing (NCSBN) released a statement regarding appropriate use of social media which states: “Nurses need to be aware of the potential ramifications of disclosing patient-related information via social media. Nurses should be mindful of employer policies, relevant state and federal laws, and professional standards regarding patient privacy and confidentiality and its application to social and electronic media.” The full statement can be found at

a) [https://www.ncsbn.org/Social_Media.pdf](https://www.ncsbn.org/Social_Media.pdf)


H. **Professional Competencies**
All baccalaureate students taking nursing courses are expected to adhere to the following Essential Professional Competencies in classroom (virtual or in person), laboratory, and clinical settings:

1. Demonstrates effective verbal and non-verbal communication.
2. Assumes responsibility for own actions and outcomes.
3. Demonstrates acceptance of limited knowledge and experience.
4. Follows through on commitments, is dependable and punctual.
5. Demonstrates self-direction in seeking learning opportunities.
6. Shows respect for others in classroom, laboratory and clinical settings.
7. Accepts constructive feedback when offered.
8. Seeks validation of clinical judgments with faculty and/or preceptor.
9. Able to separate personal issues from professional responsibilities.
10. Keeps the patient/client/resident as the priority.
11. Respects cultural and personal differences of others; is not judgmental about patients’, clients’, residents’ peers’, faculty’s, staffs’ lifestyles.
12. Sets priorities and reorganizes as necessary.
13. Projects professional image/demeanor.

Grading of the School of Nursing’s Baccalaureate Level Professional Competencies is Pass/Fail. Successful demonstration of these competencies is essential for passing any classroom, laboratory or clinical course. A warning may be given at any time during the semester. However, any student who fails to demonstrate these competencies and is considered unsafe to practice or potentially harmful to others will fail the course despite academic grades earned. **Students can fail the course and be dismissed at any time during the semester for violation of these competencies.**

I. **Student Disability Services**
   For detailed information contact: Disability Services, The Wellness Center, University Crossing Suite #300, phone 978-934-6800. ([http://www.uml.edu/student-services/Disability/](http://www.uml.edu/student-services/Disability/))

J. **Centers for Learning and Academic Support Services (CLASS)**
   For detailed information contact: CLASS, O'Leary Library, UMass Lowell South, phone 978- 934-2936. ([http://www.uml.edu/CLASS/](http://www.uml.edu/CLASS/))

K. **College of Health Sciences Policies**
   All students must adhere to the College of Health Sciences Policies including: National Criminal Background Check, Clinical Affiliate Random Drug Screening and Social Media Policy which can be found at: [http://www.uml.edu/Health-Sciences/Current-Students/Student-Policies.aspx](http://www.uml.edu/Health-Sciences/Current-Students/Student-Policies.aspx)
   The College of Health Sciences recognizes that all involved in health care have a moral, ethical and legal responsibility to maintain individual’s rights to privacy. HIPAA protects patient privacy by law and includes any individually identifiable patient information in oral or recorded form where the information could identify an individual by name, medical condition, demographic data or other means. Students in the College of Health Sciences are expected to act with honesty, integrity and respect the privacy rights of others. All students in the College of Health Sciences are expected to meet their professional responsibilities when using social media and other electronic networks including but not limited to blogs, instant messaging, social networking sites, email, public media sites and photographs. This policy prohibits posting written material or photographs that identify patients, health care agencies, educational institutions or other students in clinical sites or patient related activities. This policy applies whether using University devices and computers or personal equipment. In addition, all College of Health Sciences students are required to abide by clinical agency policies related to the use of social media and technological resources. Failure to adhere to this policy may result in probation, suspension or dismissal from the College of Health Sciences and/or legal prosecution under the requirements of HIPAA

L. **Credit Hour Policy**
   Federal definition of a credit hour requires that for every course credit awarded, a course must offer 15 hours of instructor led course activities and 30 hours of out-of-class student work.

M. **Athletic Academic Policy**
   Student-athletes must adhere to the athletic academic policy ([http://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Athletic-academic-policy.aspx](http://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Athletic-academic-policy.aspx)).

## Course Requirements

**Course Requirements:** Students are expected to attend all classes, complete all assignments and submit them on the date required to receive full credit. **Late assignments will receive one letter grade less than earned grade. Assignments submitted more than three days after the due date will not be considered for grading.**

A. **Weekly Homework:** *Math practice tests.* Students will be required to complete six homework problems in Blackboard on assigned dates. This will help you prepare for the math exam that will be administered during last week of the semester / finals week. See due dates below. Also, there will be an online math practice exam.

B. **Assignment 1. APA assignment.** This will be an on-line exam approximately 15-20 questions covering rules and guidelines of APA format. **Due:** 3/6 – 3/12
C. Assignment 2. Professional Group Activity.

(1). In groups of four (two from this section and two from another section), students will identify/explore a job/profession that they may enter following completion of their undergraduate degree. Students will be provided related resources, such as the University of Massachusetts Lowell Career Services and Cooperative Education Center; Bureau of Labor Statistics Occupational Outlook Handbook; and US News and World Reports 100 Best Jobs ratings. Check Blackboard for these resources.

Students will specifically research their chosen profession to understand the following information: i) Identify and describe the job/profession ii) Identify the requirements for entry into the profession iii) Describe the typical work environment iv) State the average pay range for this job and v) Find and discuss 2 job postings for this position vi) what attracted you to the chosen profession vii) what type of work environment do you foresee yourself working in viii) what do you anticipate will be the greatest challenge in your academic career and further, your professional career?

(2). Sharing/Presentation: Student groups will make a 10-minute PowerPoint presentation in class on a job / profession that may be obtained with a degree in their major.

(3). Check Blackboard for group formation process and PPT guidelines including grading rubric.

Due: PPT in Blackboard 3/23 @ 11:59 pm & Presentations in class 3/23; 3/30; & 4/13


The goal of this paper is to provide you with an opportunity to explore an area of nursing that interests you, whether it be a practice specialty or a topical area of nursing that you find interesting and want to know more about. A list of sample topics can be found below:

Examples of Topics

Choice of topics include: Nursing shortage, Male student nurses, Cultural sensitivity (or competency) of student nurses, Minority student nurses (can be specific, e.g. Hispanic), Nursing image, nursing students with disabilities, Test-taking anxiety of student nurses, Peer tutoring in nursing school, Balancing nursing school with work, and family obligations. Other possible topics include nursing field opportunities: International nursing, Flight nursing, Pediatric Nursing, Mental Health Nursing, Forensic Nursing, Public Health Nursing, Occupational Health Nursing, Nurse Lobbyist, Legal Nurse Consultant, OB nursing, and OR nursing. There are more topics you can choose from http://explorehealthcareers.org/en/Field/6/Nursing (this link will be posted in Blackboard as well).

Once you finalize the topic (the topic could be the same one from the IPE project), you will write an expository essay paper on your choice of assigned topics using APA format.

Please refer to the following link for instructions on writing an expository essay: https://owl.english.purdue.edu/owl/resource/685/02/. You will also find the following link helpful for developing a thesis statement for the essay: https://owl.english.purdue.edu/owl/resource/588/01/.

Paper format:
1) Length: maximum two-pages (excluding the title page, abstract, and the reference page/s)
2) Use a minimum of three professional (peer-reviewed) journal articles (not abstracts) published in the last five years to provide background information on your topic. In addition, use one reputable website.
3) Include a title page following APA format.
4) Although abstract page is not a part of an expository essay, for the purpose of this assignment include an abstract page and keywords.
5) Reference all sources using APA format on a separate page.
6) This paper needs to be submitted to TurnItIn.com to check for plagiarism (turnitin.com class ID and password will be posted in Blackboard).
7) Submit the paper in pdf format (only in pdf format, no other formats) in Blackboard. I will be grading the paper in Blackboard. If the paper is not posted correctly in Blackboard, you will loose points.
Due: 4/23 @ 11:59 pm in Blackboard

**E. Skills Folder:** Students will be given a number of weekly class and homework assignments. These assignments will be sent through students’ campus email. Check your emails regularly. Students should save/compile these assignments in a Skills Folder. Details will be posted in Blackboard. **Due: 4/27 in class.**

**Method of Evaluation:** Consult Assignment Grading Rubric posted in Blackboard.

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Math Practice: (Six Math quizzes, online practice exam)</td>
<td>15</td>
</tr>
<tr>
<td>Professional Group Activity</td>
<td>20</td>
</tr>
<tr>
<td>APA Quiz</td>
<td>20</td>
</tr>
<tr>
<td>APA Paper</td>
<td>20</td>
</tr>
<tr>
<td>Attendance and Class Participation Assignments</td>
<td>15</td>
</tr>
<tr>
<td>Skills folder</td>
<td>10</td>
</tr>
</tbody>
</table>

**Textbook/Readings**

**A. Required**


**B. Recommended**

### Course Outline & Class Schedule

This is a combined class schedule for all sections of the Strategies for Academic Success course. You will be taking the course ONCE a week only. Thus, look at the day of the week you are scheduled for this course.

*(Please note that some part of this outline may change in the course of the semester).*

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
</tr>
</thead>
</table>
| Week 1 Thu: 1/19 | Introduction of Course and Syllabus  
Go over paperwork for academic file  
Introductions  
  • Advising/Degree Pathway Questions  
  • Introduction to Blackboard  
  • Class Participation Folders | Reading Assignments:  
• Saunders: Chapters 1 & 2  
• 57 Time Management Tips for the college hack (resources Folder)  
• College Student Stress (Resource Folder  
Strategies for Success in the Nursing Program (Resource Folder)  
• Bring laptops/tablets to next week’s class  
• Bring all your syllabi to class next week  
• **Math Homework 1 in BB** (1/23 – 1/29)  
• **Class Participation/Skills Assignment:** Scavenger hunt activity and time management journal. |
| Week 2 Thu: 1/26 | Time Management/Calendar  
• Rubrics for Assignment #1 - Identify groups and topics for group assignment | Read the following articles in preparation for next weeks’ class:  
• **Saunders** Chapter 3  
• [http://www.washingtonpost.com/wp-dyn/content/article/2006/10/03/AR2006100300480.html](http://www.washingtonpost.com/wp-dyn/content/article/2006/10/03/AR2006100300480.html)  
• [http://psychcentral.com/blog/archives/2013/02/08/2-important-strategies-for-effective-studying/](http://psychcentral.com/blog/archives/2013/02/08/2-important-strategies-for-effective-studying/)  
• [http://explorehealthcareers.org/en/Field/6/Nursing](http://explorehealthcareers.org/en/Field/6/Nursing)  
• Review the Cornell Note-taking Strategy handout  
• **Math Homework 2 in BB.** (1/30 – 2/5) |
| Week 3 Thu: 2/2 | Critical Thinking/Test Taking  
• In Class Activity: Practice Note taking Strategies/Critical Thinking Activity | • **Saunders:** Chapters 4 & 5 |
| Week 4 Thu: 2/9 | Practice Test Questions – Meet in Weed Computer Lab | • **Math Homework 3 in BB.** (2/13 – 2/19)  
• **Class Participation/Skills Assignment:** Scavenger Hunt Activity and Time Management Journal  
• **Identify your APA paper Topic for next week’s Library/Research Overview** |
| Week 5 Thu: 2/16 | Library/Research Overview | • Review the following websites for next week:  
• [http://owl.english.purdue.edu/owl/resource/560/01/](http://owl.english.purdue.edu/owl/resource/560/01/)  
• **Class Participation/Skills Assignment:** Check your email/BB announcement for assignment. |
| Week 6 Thu: 2/23 | Academic Integrity – Review the university’s policy  
APA Writing Style | • **Math homework 4:** in BB (2/27 – 3/5)  
• Select and bring at least the three professional (peer-reviewed) journal articles (not abstracts) published in the last five years to provide background information on your APA paper.  
• **Class Participation/Skills Assignment:** |
| Week 7 | APA Writing Style / Writing and expository essay | • **Assignment 1 Online APA quiz:** Available 3/6-3/12 |
Thu: 3/2
- Setting up a paper in APA format
- Create a reference page
- Class Participation/Skills Assignment: Time management journal

Week 8
Thu: 3/9
- Review Rubrics for Assignment 3
- Turnitin
- Thesis statement for Essay
- Read Nursing and Social Media for next weeks’ class
- Class Participation/Skills Assignment: Civility online homework and group blackboard discussion

Week 9
Thu: 3/23
Social Media and Ethics in Nursing
- Math Homework 5: in BB (3/20 – 3/26)
- Read Beneficence Vs Non-maleficence
- Class Participation/Skills Assignment: Check email
- PPT presentations Due in Blackboard: 3/23 @ 11:59 pm.

Week 10
Thu: 3/30
Professional Group Presentations
- Class Participation/Skills Assignment: Social Media and Ethics in Nursing
- Math Homework 6: in BB (4/02 – 4/09)

Week 11
Thu: 4/06
Professional Group Presentations
- Class Participation/Skills Assignment: Check email
- On-line Math Practice Exam (4/10 – 4/16)

Week 12
Thu: 4/13
Professional Group Presentation
- Class Participation/Skills Assignment:
- Homework: Come with at least two questions to ask the panel next week Guest Speaker: UML Nursing Seniors/Graduates

Week 13
Thu: 4/20
Course Evaluation / Nursing panel
- Assignment 3 (APA Paper) Due: Submit in Blackboard and Turnitin.com by Sun April 23 by 11:59 pm

Week 14
Thu: 4/27
Math Exam
- Submit Skills Folder

Assignments

<table>
<thead>
<tr>
<th>Math Online Practice Exam in BB</th>
<th>Start Date</th>
<th>Due (midnight Eastern U.S time)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Math 1</td>
<td>1/23</td>
<td>1/29</td>
</tr>
<tr>
<td>Math 2</td>
<td>1/30</td>
<td>2/05</td>
</tr>
<tr>
<td>Math 3</td>
<td>2/13</td>
<td>2/19</td>
</tr>
<tr>
<td>Math 4</td>
<td>2/27</td>
<td>3/5</td>
</tr>
<tr>
<td>Math 5</td>
<td>3/20</td>
<td>3/26</td>
</tr>
<tr>
<td>Math 6</td>
<td>4/02</td>
<td>4/09</td>
</tr>
</tbody>
</table>

Assignment

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Math Practice tests (total: 6): in Blackboard</td>
<td>Weekly (See due dates above)</td>
</tr>
<tr>
<td>Assignment 1 (Group Presentation) – PowerPoint in BB &amp; Class presentations</td>
<td>3/23 @ 11:59 pm in Blackboard &amp; class presentations on 3/10; 4/06 &amp; 4/13</td>
</tr>
<tr>
<td>Assignment 2 (Online APA Quiz) in Blackboard</td>
<td>3/6 – 3/12 @ 11:59 pm in Blackboard</td>
</tr>
<tr>
<td>Assignment 3 (APA Paper)</td>
<td>4/23 11:59 on 11/20 in BB and turnitin.com</td>
</tr>
<tr>
<td>Skills Folder</td>
<td>Weekly; Submit the folder on 4/27</td>
</tr>
<tr>
<td>Practice Math Online</td>
<td>4/10 – 4/16 @ 11:59 pm in Blackboard</td>
</tr>
</tbody>
</table>

Useful Web Resources

Useful web-links will be posted in Blackboard.
COMPETENCIES: All baccalaureate students taking nursing courses are expected to adhere to the following Essential Professional Competencies in classroom (virtual or in person), laboratory, and clinical settings.

1. Demonstrates effective verbal and non-verbal communication.
2. Assumes responsibility for own actions and outcomes.
3. Demonstrates acceptance of limited knowledge and experience.
4. Follows through on commitments, is dependable and punctual.
5. Demonstrates self-direction in seeking learning opportunities.
6. Shows respect for others in classroom, laboratory and clinical settings.
7. Accepts constructive feedback when offered.
8. Seeks validation of clinical judgments with faculty and/or preceptor.
9. Able to separate personal issues from professional responsibilities.
10. Keeps the patient/client/resident as the priority.
11. Respects cultural and personal differences of others; is not judgmental about patients’, clients’, residents’ peers’, faculty’s, staff’s’ lifestyles.
12. Sets priorities and reorganizes as necessary.
13. Projects professional image/demeanor.

GRADING: Grading of the School of Nursing’s Baccalaureate Level Professional Competencies is Pass/Fail. Successful demonstration of these competencies is essential for passing any classroom, laboratory or clinical course. A warning may be given at any time during the semester. However, any student who fails to demonstrate these competencies and is considered unsafe to practice or potentially harmful to others will fail the course despite academic grades earned. Students can fail the course and be dismissed at any time during the semester for violation of these competencies.

CONTRACT: I have read the 13 professional competencies that are required for nursing courses in the baccalaureate program. I agree that successful demonstration of these competencies is essential for my passing any nursing course at the University of Massachusetts Lowell.

Student Name: ____________________________________________
(Please Print)

Student Signature: ________________________________________  Date: ______________