COMMON COURSE OUTLINE: Course discipline/number/title: PNM 1210: Success in Nursing

A. CATALOG DESCRIPTION
   1. Credits: 1
   2. Hours/Week: 1 hour per week
   3. Prerequisites (Course discipline/number): Admission into Practical Nursing Program
   4. Co-requisites (Course discipline/number):
   5. MnTC Goals (if any): NA

This course is designed to assist the student to develop life management skills that support success in nursing school and future career positions. Emphasis is placed on the practical application of topics such as stress, time management, motivation, goal setting, and learning style. The variety of educational and career opportunities and survival tips for a successful nursing education experience will be discussed.

B. DATE LAST REVISED (Month, year): November, 2013

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Motivating Self
   2. Knowing Yourself
   3. Nursing as a Career
   4. Survival Tips
   5. Problem Solving/Critical Thinking Skills
   6. Time Management Skills
   7. Study Smarts
   8. Test Taking Smarts

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Believe they possess the skills and the opportunity to reach their goals.
   2. Understand factors that contribute to and enhance self-esteem.
   3. Identify short and long-term goals for their personal and professional lives.
   4. Identify their personality/learning style and techniques that support their learning.
   5. Utilize appropriate stress management techniques in response to signs and symptoms identified in their own stress inventory.
   6. Utilize study skills and test taking techniques to improve performance.
   7. Utilize time management techniques personal and professional effectiveness.
   8. Develop habits to enhance their critical thinking skills.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Short papers (1-2) pages
   2. Small projects
   3. Discussion Groups

G. SPECIAL INFORMATION (if any): None