

# BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY

## COURSE OUTLINE

COURSE NAME Becoming a Master Student

COURSE NUMBER NURS 1110 DATE August 1994

Prepared by Kathy Doyle Taught to First Year

School Health Sciences School Health Sciences

Program Nursing Program Nursing

Date Prepared May 1994 Option \_\_\_\_\_

Term 1 Hrs/Wk 32 in 1st week Credits 2.5

No. of Weeks 17 Total Hours 40

Instructor(s) L. Brazier and Level 1 Instructors Office 1M 102, SW12, 418 Local 8444

Office Hours As posted.

### PREREQUISITES

Meeting admission requirements.

### COURSE DESCRIPTION

This course is offered in the first level of the Nursing Program.

NURS 1110 is a nursing student success course designed to help students learn more efficiently, assume control of their learning and maximize their health during the learning process. The course will focus on increasing life skills, academic skills and awareness of resources that are available for assistance.

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## **COURSE OBJECTIVES**

The student:

1. Discusses how he is responsible for his experience at BCIT.
2. Describes ways she can create a successful and satisfying experience at BCIT.
3. Identifies resources that are available on campus and in the community that can assist students with problems related to health, academics, personal relationships, discrimination, substance abuse, home or apartment living, library research, course changes, part-time work, financial aid, independent study, social issues, etc.
4. Locates and utilizes the library and related learning resources and services. These include DOBIS catalogue system, periodicals, texts, audio-visual equipment, indexes, computer searches, reserve section, copy machines, word processing equipment, learning centre, and tutoring.
5. Describes specific methods to:
  - a. improve ability to recall information.
  - b. read a textbook or chart with improved retention.
  - c. prepare for and take tests.
  - d. take effective notes.
  - e. present clear reports, both written and verbal.
  - f. listen for comprehension to a lecture and verbal report.
6. Describes several different procedures for planning, monitoring, and managing time (personal life, study, clinical experience).
7. Discusses several procedures for focusing attention on the task at hand while reading, listening, taking notes and tests, or performing clinically.
8. Discusses ways of asking for assistance. Identifies and formulates questions and requests that will eliminate confusion.
9. Utilizes communication that facilitates interactions with classmates and instructors.
10. Reports, in writing and verbally, to fellow students and course instructors about current experiences of BCIT including: problems, frustrations, and successes.
11. Lists several guidelines for planning your success in the program.

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## **EVALUATION**

Grades given in this course are:

- a. S for satisfactory performance or
- b. U for unsatisfactory performance

This is based on:

- a. attending every class
- b. participating in class activities
- c. submitting a satisfactory self-evaluation

If for any reason you miss a class, you should contact the instructor immediately. You must arrange to make up any missed work. Failure to contact the instructor if a class is missed will result in not passing the course.

If for any reason, the above evaluation methods will not work for you, you can contact an instructor to discuss the feasibility of special arrangements.

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## **REQUIRED TEXT(S) AND EQUIPMENT**

Ellis, D.B. (1994). Becoming a Master Student (7th ed.). Rapid City SD:  
College Survival.

**COURSE OUTLINE**  
(continued)

<b>Week Lecture or Lab Number</b>	<b>Material Covered</b>
1	<b>First Step</b> <ul style="list-style-type: none"> <li>- discovery wheel</li> <li>- discovery and intention statements</li> <li>- ideas are tools - be open to new ones, use those that are useful</li> </ul>
2	<b>Time Management</b> <ul style="list-style-type: none"> <li>- time wheel to identify use of time</li> <li>- analyze time plan and compare with goals</li> <li>- 25 strategies</li> <li>- be here now - be fully attentive to the here and now</li> <li>- priority setting</li> <li>- long term planning</li> </ul>
3	<b>Note taking skills</b> <ul style="list-style-type: none"> <li>- verbal and written communication</li> <li>- I create it all - I control what happens to me</li> </ul>
4	<b>Memory skills</b> <ul style="list-style-type: none"> <li>- you never forget</li> <li>- 20 techniques</li> <li>- Love your problems - acceptance in the first step in resolving them</li> </ul>
5	<b>Reading skills</b> <ul style="list-style-type: none"> <li>- power reading</li> <li>- dictionary development</li> <li>- Notice your pictures and let them go - identify your expectations and when they interfere, let go of them.</li> <li>- listening strategies - employ your word</li> </ul>

**COURSE OUTLINE**  
**(continued)**

<b>Week Lecture or Lab Number</b>	<b>Material Covered</b>
<b>6</b>	<b>Creating</b> <ul style="list-style-type: none"><li>- creativity and critical thinking techniques</li><li>- creative controversy</li><li>- turn a problem into an opportunity</li><li>- do brief presentation</li><li>- Be a fool - take risks when you learn.</li></ul>
<b>7</b>	<b>Test taking skills</b> <ul style="list-style-type: none"><li>- test preparation</li><li>- managing test anxiety</li><li>- Detach - separate your well being from your performance</li></ul>
<b>8</b>	<b>Health</b> <ul style="list-style-type: none"><li>- take care of your machine</li><li>- Surrender - stop denying the magnitude of the problem and get help.</li></ul>
<b>9</b>	<b>Resources</b> <ul style="list-style-type: none"><li>- library orientation in conjunction with Human Development course</li><li>- Identify BCIT and community resources available</li><li>- Find a bigger or smaller problem - keep you problems in perspective.</li></ul>
<b>10</b>	<b>What next</b> <ul style="list-style-type: none"><li>- Be it - visualize outcomes then plan to achieve those outcomes.</li><li>- The process is always the same - one behavior is often characteristic of the whole. Modify one behavior and the whole may change.</li></ul>