Course Information
Division: Health Sciences
Contact Hours: 1
Theory: 15
Total Credits: 1

Prerequisites
Admission to the RN Nursing Program

Course Description
This blended course provides an opportunity for students to learn the skills necessary to be successful in the nursing program. Nursing students often face multiple demands on their lives. This course will help the nursing student learn and implement effective and efficient study techniques as well as learn to balance school and home demands.

Course Outcomes
In order to evidence success in this course, the students will be able to:

1. Adapt to a schedule to meet student home and educational needs.
2. Analyze and improve personal study techniques.
3. Explore multiple resources available to increase classroom success.
4. Practice effective test-taking techniques.
5. Implement stress reduction and management techniques.

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By: KSL