Course Information

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

Prerequisites: Admission to the PN Nursing Program

Course Description
This 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, students will be able to:

1. Adapt 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.