



### Course Information

Division	Health Sciences
Contact Hours	1
Theory	15
Total Credits	1

**Prerequisites** Admission to the RN Nursing Program

**Corequisite** NURS 103

### Course Description

This optional course is designed to be taken concurrently with the first nursing course, NURS 103, Fundamental Nursing Care, and 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.

Date Updated: 01/13/2015, 01/17/2018  
By: KSL