

NRSR 0034 - PATHWAYS TO PROFESSIONALISM IN NURSING

Catalog Description

Prerequisite: Acceptance into the Sierra College Associate Degree Nursing program

Corequisite: Concurrent enrollment in NRSR 24

Hours: 18 lecture

Description: Designed to equip Associate Degree in Nursing (ADN) students with the essential skills, knowledge, and attitudes necessary for a successful transition into the professional nursing workforce. With emphasis on the significance of professional identity in nursing, this course focuses on cultivating foundational principles and behaviors that result in the individual thinking, acting, and feeling like a nurse. (pass/no pass grading) (CSU)

Course Student Learning Outcomes

- CSLO #1: Explain the components of professional job application materials and the interview process relevant to nursing careers.
- CSLO #2: Develop a foundational understanding of effective communication strategies for engaging in crucial conversations within healthcare settings, highlighting the importance of professionalism and collaboration in patient care.
- CSLO #3: Examine professional identity in nursing by exploring the values, ethics, and standards that define the nursing profession.

Effective Term

Fall 2025

Course Type

Credit - Degree-applicable

Contact Hours

18

Outside of Class Hours

36

Total Student Learning Hours

54

Course Objectives

1. Identify key elements and formatting guidelines specific to nursing resumes and cover letters.
2. Develop a personalized resume and cover letter that emphasize individual strengths to align with RN job posting requirements.
3. Identify common nursing interview questions, techniques, and responses.
4. Apply learned interview skills in a mock interview activity.
5. Demonstrate verbal communication techniques for addressing crucial conversations in healthcare.

6. Demonstrate written communication strategies to accurately reflect critical situations and events.
7. Engage in discussions on ethical dilemmas and the role of a nurse in promoting patient advocacy.
8. Identify common triggers for burnout within nursing careers.
9. Formulate a plan for self-care.
10. Demonstrate professional behavior, including communication skills and teamwork.
11. Explore areas for continuous professional development in nursing, including professional organizations and certifications within one's specialty.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Pair and share with a partner. Discuss the professional nursing organization you researched. Be prepared to review... 1. Prerequisites / requirements needed to join the organization 2. Costs of membership 3. The benefits of being a member within the organization (such as access to CE's, Journals, conferences, etc.) 4. How a membership with this organization can contribute to your personal or professional growth as a registered nurse
- Skill Demonstrations
 - Example: Observe the following patient care event video and synthesize a narrative note to best communicate the events that occurred. SAMPLE NOTE: 0942: Initial assessment of pt post-transfer reveals boggy uterus, heavy amount bright red lochia. Fundal massage performed. PPH Alert called overhead. Team responded (charge RN, CNM, RN X 2) with hemorrhage cart. Initial VS BP 95/55, P 116, RR 22 O2 sat 94%. Amy CNM at bedside. Foley catheter ordered. 0944 Foley placed. O2 applied at 10 L/ min non-rebreather face mask. 0945 Ketorolac 30 mg given IVP. Oxytocin 30 units / 500 ml initiated at X mL/hr 0946 VS P 120, O2 Sat 97%. Bimanual exam of uterus performed by CNM. Placental fragments and clots removed. 0947 Cytotec 800 mcg inserted PR per CNM. 0948 VS 100/60, P 120 O2 97% 0950 BP 108/72 P 102 Fundus now firm and midline at U/-1. Labs (H&H) ordered stat. Total blood loss 550 mL; Cumulative blood loss since delivery = 800 mL. CNM debrief w patient and family. Pt reports pain now 2/10.

Repeatable

No

Methods of Instruction

- Lecture/Discussion

Lecture:

1. Instructor reviews • common components of job postings • sample resume templates • sample cover letters • discussion of prior work/volunteer experiences and how to best highlight those components in a resume
2. Role play Mock Interview: The instructor will assemble a panel of volunteer nurse managers from local hospitals. Student resumes and cover letters will be available during the mock interview. The volunteers will engage students in sample interview questions, including behavioral interview questions such as, "Can you tell me about a time when you needed to advocate for a client and the methods you used to ensure best outcomes for that client?" Coaching and constructive feedback will be given on the resume, cover letter, and interview performance so that the student gains practice when applying for registered nursing jobs post-licensure.

Typical Out of Class Assignments

Reading Assignments

Read the assigned readings and be prepared to discuss in class: 1. Review the components of a professional resume and cover letter. 2. Research professional nursing organization. 3. Explore crucial conversations in healthcare.

Writing, Problem Solving or Performance

Create a professional resume and cover letter. Present professional nursing organization membership criteria and benefits.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Professional nursing
 - Author: Black, B
 - Publisher: Elsevier
 - Publication Date: 2024
 - Text Edition: 10th
 - Classic Textbook?: Yes
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.