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Welcome to the Bachelor of Science in Nursing Program at Grande Prairie Regional College. If you are a returning student, welcome back!

A little bit about our program...

## **BScN – Program Overview**

Grande Prairie Regional College has been in collaboration with the University of Alberta and other partners (Red Deer College, Keyano College) to offer baccalaureate education for nurses since 1995.

Students in each program register and pay fees to Grande Prairie Regional College for Years 1, 2, and 3 of the four-year degree program. Students register with and pay fees to the University of Alberta (U of A) for nursing courses in Year 4 of the four-year degree program. Students attend all four years at Grande Prairie Regional College. Students register with and pay fees to Grande Prairie Regional College for non-nursing courses in the four-year degree program.

Students will be eligible to apply for participation in the Accelerated Option (12-14 students). Students apply early in Year 3 for this program based on Year 2 marks. This group of students will complete two courses in the spring and summer and the final two courses in fall thereby completing the BScN by December of that year. Information regarding how to apply will be provided to students in Year 3 in the fall term.

At the successful completion of your studies, the BScN degree will be granted by the University of Alberta.

[Please refer to your Student Handbook](#)

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**Program Curriculum for students starting 2019-2020**  
**Bachelor of Science in Nursing Collaborative Program – GPRC**

***First Year (35 credits)***

- NS1500 – Anatomy & Physiology (6)
- MI1330 – Medical Microbiology (3)
- NS1205 – Foundations for Success in Nursing (4)
- EN\*\*\*\* – UT English (3)
- NS1160 – Pathophysiology and Pharmacology I (3)
- NS1240 – Foundations of Nursing I (3)
- NS1250 – Nursing Practice – Health Assessment & Nursing Process (4)
- NS2005 – Innovation, Systems Thinking & Leadership in Healthcare (3)
- NS1225 – Community Engagement in a Healthcare Context (3)
- NS2220 – Indigenous Health in Canada (3)

***Second Year (33 credits)***

- NS2200 – Foundations of Nursing II (3)
- NS2210 – Introductory Acute Care Nursing Practice I (6)
- NS2160A – Pathophysiology and Pharmacology II (3)
- Statistics (3)
- NS2160B – Pathophysiology and Pharmacology II (3)
- NS3110 – Evidence Informed Nursing Practice (3)
- NS2240 – Foundations of Nursing III (3)
- NS2250 – Introductory Acute Care Nursing Practice II (6)
- Open Elective – UT (3)

***Third year (30 credits)***

- NS3230 – Community Nursing through the Lifespan (9)
- NS3210 – Advanced Acute Care Nursing Practice I (3)
- NS3005 – Health Policy, Health Care Organizations, Change Management (3)
- NS3270 – Mental Health & Wellness in Nursing (9)
- NS3250 – Advanced Acute Care Nursing Practice II (3)
- NS4000 – Leadership in Nursing & Interprofessional Practice (3)

***Fourth year (24 credits)***

- NURS485 – Nursing Practice in a Focused Area (12)
- NURS422 – Contemporary Issues in Healthcare Ethics & Law (3)
- NURS425 – Nursing Leadership in a Focus Area (9)

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**Program Curriculum for students starting previous to 2019****Bachelor of Science in Nursing Collaborative Program – GPRC*****First Year (34 credits)***

- NS1500 – Anatomy & Physiology (6)
- MI1330 – Medical Microbiology (3)
- ST1510 – Introduction to Applied Statistics (3)
- EN1201 – English
- NS1410 – Interprofessional Health Team Development (3)
- PZ1515 – Pathophysiology (3)
- NS1035 – Introduction to Nursing Theory (6)
- NS1055 – Introduction to Health Assessment (4)
- PY1040 – Psychology

***Second Year (33 credits)***

- NS2015 – Introduction to Nursing Theory II (3)
- NS2150 – Pharmacotherapeutics (3)
- NS3010 – Nursing Research (3)
- NS2025 – Introduction to Nursing Practice (6)
- NS2055 – Community Nursing Theory (6)
- NS2060 – Community Nursing Practice (6)
- Elective – Student Choice (3)
- Elective – Student Choice (3)

***Third year (30 credits)***

- NS3070 – Acute Care Nursing Theory (6)
- NS3080 – Acute Care Nursing Practice 1 (6)
- NS3090 – Mental Health Nursing Theory (6)
- NS3100 – Mental Health Nursing Practice (6)
- Elective – Student Choice (3)
- Elective – Student Choice (3)

***Fourth year (27 credits)***

- Nurs407 – Acute Care Nursing Theory (6)
- Nurs408 – Acute Care Nursing Practice II (6)
- Nurs409 – Leadership and Issues in Nursing (3)
- Nurs494 – Nursing in Context (3)
- Nurs495 – Nursing Practice (9)

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## **ORIENTATION**

(<https://www.gprc.ab.ca/students/orientation/>)

Orientation will be held via Zoom on Tuesday, September 1, 2020 at 10:00 a.m. for all years of the program. Each year will be meeting separately. Please plan on spending the day in orientation.

**Year 1** Zoom link: <https://gprc.zoom.us/j/93756307698>

**Year 2** Zoom link: <https://gprc.zoom.us/j/91476694260>

**Year 3** Zoom link: <https://gprc.zoom.us/j/93721680428>

**Year 4** Zoom link: <https://gprc.zoom.us/j/97231667637>

## **REMOTE DELIVERY**

For the Fall 2020 semester, the BScN Program will be delivered via different methods. Please see below for a definition of terms. Information regarding classes for the Winter 2021 semester will be forthcoming as information is available.

**FALL 2020 DELIVERY – Remote Delivery** – this course is delivered remotely. **Students in Year 1 will have all classes via remote delivery for fall term.** There are no face to face or on site requirements. Students must have a computer with a webcam and a reliable internet connection. Technical support is available through [helpdesk@gprc.ab.ca](mailto:helpdesk@gprc.ab.ca)

**FALL 2020 DELIVERY – Mixed Delivery.** This course is delivered remotely with some face to face/on site components at the GPRC (Grande Prairie) Campus. For the remote delivery components: Students must have a computer with a webcam and a reliable internet connection. Technical support is available through [helpdesk@gprc.ab.ca](mailto:helpdesk@gprc.ab.ca)

For the on-site components: Students must supply their own mask and follow [GPRC Campus Access Guidelines and Expectations](#). The dates and locations of the onsite components can be found on the GPRC course calendar. **Students in Years 2, 3 and 4 will be on site for labs. There will be clinical throughout the City as per normal practice.**

**FALL 2020 DELIVERY – Onsite Delivery** – This course is delivered onsite at the GPRC Campus. Students must supply their own mask and follow [GPRC Campus Guidelines and Expectations](#). **Students in Years 2, 3 and 4 will be on site for labs.**

**More information will be provided at Orientation regarding the delivery methods.**

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## **STUDENT ADVOCACY**

Throughout the semester if you have any questions or concerns, please reach out to your instructors as they will provide you with guidance, grade rationale, and general information regarding the BScN Program.

For additional support or concerns, please contact Kathy Weber at 780-539-2753 or [kweber@gprc.ab.ca](mailto:kweber@gprc.ab.ca) to make an appointment with Deena Honan, Interim Chair of the Department of Nursing Education and Health Studies. All appointments will be either by Zoom or on the telephone. Students will not be allowed in the office.

Regular attendance is critical to success in the BScN Program. Should you be unable to attend a class, please contact your instructor. In addition, it is your responsibility to acquire the material missed and to complete the assigned readings, class work, lab work, and assignments.

## **ACADEMIC ADVISING**

**All students have been assigned an Advisor – if you don't know who that is, please email Kathy – [kweber@gprc.ab.ca](mailto:kweber@gprc.ab.ca). Students are expected to contact their advisor if they have questions, as the main office will be closed to students.**

**Year 1 students will be sent an email from their Advisor prior to September 1, 2020.**

Some of the issues that may come up include concerns about admission, readmission, transfer credit, course management, program planning, the accelerated program, graduation status, and application to Year 4 or any items related to your program of study.

If you are requesting advanced standing for courses taken at institutions other than GPRC, please email the department, ([kweber@gprc.ab.ca](mailto:kweber@gprc.ab.ca)) along with a copy of the transcripts as soon as possible after the start of classes. Official transcripts must be received by the College prior to advanced credit being granted. It is the student's responsibility to ensure all courses are in order.

If you have any questions, please contact the main Nursing office at 780-539-2750.

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## **TIPS FOR SUCCESS**

### **Time Management**

- Go to class. Class attendance is one of the biggest factors in achieving success in our programs.
- Know the important dates – assignments, mid-terms, and project due dates. Don't leave things to the last minute. Start projects as soon as they are assigned.
- Use a calendar (your phone or hand-written day-planner) and schedule your entire semester. List specific “to-dos” for each month, week and day. Prioritize. Check daily to see if you are on track. If so, great; if not, make some adjustments.
- Learn to say “No!” In order to stick to your plan and achieve your goals, you may have to say no to watching TV, hanging out or going to movies with friends.
- If you have a part-time job you will have to be very strict with your schedule. If working becomes too much and you become exhausted, consider reducing your hours of work.

### **Study Strategies**

- Study when you are wide-awake! Use the 30-3-2 schedule. Study for 30 minutes, take 3-minute break and resume with a 2-minute review. Do not study for more than 2 hours at a time.
- Study your most difficult subjects first – while you're fresh.
- Study space is important. It should be as quiet and comfortable as possible. The library study spaces are ideal. Private rooms may be booked in advance.
- Access all instructor study resources posted on D2L. There may also be textbook publisher study resources available online.
- If you find it helpful, form study groups with classmates.
- Tutoring is not a negative thing. Get help early. Contact the Learning Support Centre in the Library.

### **Stay Healthy**

- Maintain a positive attitude.
- Have some fun; join in and get involved in student association activities.
- Support systems are essential. Make friends. Put your phone down and talk to people!
- Exercise regularly and get proper sleep. *Keep the partying under control!* 😊

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**General**

- Talk to your instructor if something is not clear.
- All of your classes are important – don't spend too much time on one at the expense of others.
- Be on time for class. Walking in late distracts both your instructor and your classmates.
- Keep on top of your work. Don't get behind.
- Check your email account regularly – this is how your instructors and advisors communicate directly with you.

**ZOOM ETIQUETTE 101\*****Control video and audio quality.**

Invest in a quality webcam and speaker and microphone headset. These provide better video and audio than your computer's built-in system. Try to attend Zoom meetings in quiet, indoor locations to control ambient noise.

**Adjust your lighting.**

Don't sit directly in front or beside a bright light source, or else all the audience sees is a bright light and a shadowy figure. Experiment with moving lamps and your camera until you can see your brightly-lit face on the screen.

**Think about your background.**

Try to provide a nice, plain background. You can't control everything in a mobile environment, but you should give some thought to background prior to your meeting.

**Practice speaking to the camera and not the screen.**

Our tendency is to look at the person on the screen, but you should look at the camera when you speak so the audience feels like you're talking directly to them.

**Optimize Zoom.**

Generally, DO NOT select "Share Your Desktop" (unless you want every pop-up email and private message on display for your audience!). Instead, open any relevant documents before the call and share only those during the meeting.

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**Bandwidth and signal.**

Insure you have adequate bandwidth. If you are wireless, try to remain close to the wireless router and consider installing a signal booster in areas of low signal strength. When you have the option, choose wired (instead of wireless) for video conferencing.

**During your meeting:**

Mute your microphone when necessary. Zoom has a “Mute Microphone” option that cuts down on ambient feedback for the audience. When there is a lot of back-and-forth discussion you will turn this off, but you should mute yourself when listening to an instructor.

**Use Zoom’s chat function.**

You can send a question or statement to everyone or privately to a participant.

**Think about your actions on camera.**

Always remember that everyone can see you. Someone is watching as you take a big, wide-mouth yawn, stretch, or wander around the room. These exaggerated movements are distracting to the audience and can be disruptive to the speaker. Try to stay still and be attentive.

\*Adapted from <https://blog.zoom.us/video-conference-etiquette/>