

## **COURSE SYLLABUS CNUR 007:**

### ***Health & Kindness***

### **Spring/Summer Semester, 2019**

|                     |   |
|---------------------|---|
| <b>Instructor</b>   | Anne Lauf<br>Academic Program Coordinator   |
| <b>Location</b>     | Online  |
| <b>Office Hours</b> | 8:30 a.m. - 4:30 p.m. Mon. - Fri. (Any additional evening availability TBA)<br><br>Emails will be responded to as follows:<br><br>Daytime emails: by the end of the workday<br>Evening emails: by the end of the next workday |
| <b>Contact Info</b> | (306) 337-8493<br><a href="mailto:nursing@uregina.ca">nursing@uregina.ca</a>  |

#### **Course Description:**

Learners will explore interdisciplinary literature validating the role of kindness in health promotion. Learners also will explore challenges, opportunities and best practices for offering culturally-safe kindness in a culturally diverse health care environment.

#### **Prerequisite:**

NONE

#### **Required Texts:**

Watson, Christine. (2018). *The Language of Kindness: A Nurse's Story*. London: Chatto & Windus.

#### **Course Outcomes:**

- To help caregivers deepen their ability to address kindness within themselves, their clients, and their workplaces.

- To create a critical mass of professionals within nursing and other disciplines who have the skills, knowledge, attitudes & support necessary to exemplify kindness.
- To develop future leaders who can help create an inclusive healthcare culture that tends to the needs of clients and caregivers alike.

**Course Topics:**

A variety of learning approaches will provide opportunities for participants to deepen their ability to address kindness within themselves, their clients, and their workplaces. Learning activities include contemplative reflection with a wide range of learning resources: videos, audio and readings. Weekly interaction with others in an assigned group will provide participants with the opportunity to practice kindness and gain skills in exemplifying kindness.

**Evaluation:**

Evaluative components of this course include:

- Weekly Assignments - 60% (Mandatory)
- Shared Learning Assignment - 20%
- Contemplative Assignment - 20%

*ALL evaluative components must be completed and submitted for grading in order to receive a final grade in the course.*

**Note:** A mark of **NP** will be awarded to students who do not satisfy a mandatory component of the class.

**Course Schedule & Assignment Due Dates:**

| Unit/Topic | Dates         | Learning Activities of Note  | Due Dates for Assignments  |
|------------|---------------|--|--|
| Unit 1     | May 7-11      | deepen their ability to address kindness within themselves             | Weekly Assignment<br>May 9   |
| Unit 2     | May 13-18     | deepen their ability to address kindness within their clients          | Weekly Assignment<br>May 16  |
| Unit 3     | May 20-25     | deepen their ability to address kindness within their workplaces       | Weekly Assignment<br>May 23  |
| Unit 4     | May 27-June 1 | skills, knowledge, attitudes & support necessary to exemplify kindness | Weekly Assignment<br>May 30<br><i>Shared Learning Assignment</i><br>June 1 |
| Unit 5     | June 3-8      | skills, knowledge, attitudes & support necessary to exemplify kindness | Weekly Assignment<br>June 6  |
| Unit 6     | June 10-20    | develop leadership to help create an inclusive healthcare culture      | Weekly Assignment<br>June 18<br><i>Contemplative Assignment</i><br>June 15 |

**Safety**

Any student who compromises the safety of the learning environment and its participants through engaging in behaviour not in keeping with Student Code of Conduct can be removed from the course.

- 'Student Code of Conduct and Right to Appeal - Non-Academic Misconduct' *University of Regina Undergraduate Calendar*

**Attendance**

Students who miss more than 10% of the required activities may be unsuccessful in the course.

- 'Academic Regulations - Attendance' of the *University of Regina Undergraduate Calendar*

## Assignment Submission

All items, to be considered on time, must be uploaded by 11:59 p.m. on the date they are due. Failure to hand in items on the due date will result in the loss of 5% per day for up to 5 days after which time the item will not be accepted. Items not submitted on the due date will be considered late. Please contact the instructor should you require an extension or are unable to meet the deadline at least one week *prior* to the due date so that arrangements can be made. .

## Academic Regulations

*You, as a student, are responsible for understanding and following the academic regulations of the university.* These regulations are outlined in the General Calendar and include the responsibilities of students, information about dropping courses and requesting deferral of final examinations or term work, as well as university policies about plagiarism, grade appeal, and racial and sexual harassment.

## Academic Schedule (important dates)

[http://www.uregina.ca/compserv/postcard/academic\\_schedule.shtml](http://www.uregina.ca/compserv/postcard/academic_schedule.shtml)

## Acts of Academic Misconduct:

Students are expected to conduct themselves responsibly and with propriety both in their studies and in their general behaviour, and are expected to abide by all policies and regulations of the University of Regina. Misconduct, which may be academic (that is, academic studies) or non academic in general behaviour), is subject to disciplinary action....All forms of academic misconduct are considered serious offences within the University community.

**Academic Calendar:** <http://www.uregina.ca/gencal/index.shtml>

**University of Regina Policy (Academic Misconduct)** Please familiarize yourself with the University of Regina Policy on Academic Misconduct in the Academic Calendar.