



**EFFECTIVE: SEPTEMBER 2004**  
**CURRICULUM GUIDELINES**

A. Division: **Instructional** Effective Date: **September 2004**

B. Department / **Health Sciences** Revision  
Program Area:

**M:** Course Objectives / Learning Outcomes

In this course students have opportunities to:

- & explore self and identity as a relational person
- & develop relational ways of being with others (individual, family and groups)
- & explore concepts of caring
- & begin to develop a caring identity

**N:** Course Content:

In this course, understanding self in relation to others and in relation to roles, especially the nursing role is the focus of discussion. An outline of course concepts and essential content is presented below. Course concepts are addressed in relation to four foundational concepts, (ways of knowing, personal meaning, time/transitions, culture/context) integrating the metaconcepts, health promotion and caring. Content related to the foundational concepts varies and reflects the interests, choices and experiences of course participants.

Phenomenological person

- coming to understand how we are situated in and constituted by families and groups within cultural context

Self-awareness

- as a person and in relation to others, e.g. individual, family and groups

Identity

- & development as a person, nurse, other roles (includes self-esteem, self-concept, gender/sexuality in development of identity)

Feelings

Individuality

- & situated personhood  
e.g. values, beliefs, attitudes

Perception

- & personal meaning
- & meaning making

Hegemony

- & the influence of the traditional power structure on the development of self

Ways of Being

- & in relation with others (one to one, family, groups)
- & establishing relationships

Time/Transitions

- & personal growth and development
- & empowerment

Caring

- & the relation of caring for self and caring for others

Context/Culture

- & the process of acculturation leading to ethnoculture identity

Congruence

- & ambiguity
- & congruence
- & incongruence of the real and perceived self

Verbal and Non-verbal Communication

**O:** Methods of Instruction

This course is designed to foster personal discovery of self and self in relation to others. It explores relational ways of being with others, situatedness in families and groups, and identity development. It encourages and supports learners to enrich self-awareness, critical thinking and introspection. The course concepts are explored through active participation in small group interaction, learning activities and journal writing.

**P:** Textbooks and Materials to be Purchased by Students

1. Planned Praxis Experience  
& Personal experience  
& Resource family  
& Class work groups  
& Observation of health care settings (partnership with volunteers)
2. A list of recommended textbooks and materials is provided for students at the beginning of each semester.
3. Other Resources  
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