



COURSE OUTLINE: BSCN1001 - REFLECT AND WRITE

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Approved: Rebecca Keown - Dean

Course Code: Title	BSCN1001: REFLECTION AND ACADEMIC WRITING
Program Number: Name	3401: HONOURS BSCN
Department:	BSCN - NURSING
Academic Year:	2025-2026
Course Description:	This course is an introduction to professional relationships in nursing with a focus on reflection through self-awareness, relational communication, and professional writing skills.
Total Credits:	3
Hours/Week:	3
Total Hours:	36
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	BSCN1101
Vocational Learning Outcomes (VLO's) addressed in this course:	3401 - HONOURS BSCN
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Meet professional practice requirements as identified in the current Entry-to-Practice Competencies and Professional Standards of the College of Nurses of Ontario.
	VLO 4 Contribute to the nursing profession and healthcare through the practice of critical inquiry, self-reflection, and a commitment to professional growth through lifelong learning.
	VLO 6 Practice nursing while demonstrating advocacy and leadership at the professional, political, and societal levels, in accordance with the values of social justice and equity.
	VLO 7 Utilize available technologies to communicate, educate, and provide appropriate care in a variety of contexts.
Course Evaluation:	Passing Grade: 65%, A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.
Other Course Evaluation & Assessment Requirements:	Important note about course evaluation: Successful completion of this course is dependent on all assignments being completed and submitted. If this course has any components graded on a satisfactory/unsatisfactory grading scheme, each assignment must achieve a grade of satisfactory , in addition, a minimum cumulative grade of 65% is required to pass the course.



Books and Required Resources:

Reflective Practice in Nursing by Esterhuizen, P
 Publisher: Sage Publications, Incorporated Edition: 5th
 ISBN: 9781529757262

Publication Manual of APA by American Psychological Association
 Publisher: American Psychological Association Edition: 7th
 ISBN: 9781433832161

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
Understand the importance of self-awareness as it relates to self-assessment within the context of the nurse-client relationship.	1.1 - Explore personal values and beliefs and how they may affect our behaviour. 1.2 - Explore assumptions and how they influence the nurse-client relationship. 1.3 - Explore self-care and burn out. 1.4 - Understand the link between self-awareness and caring treatments for clients. 1.5 - Explore emotional intelligence and how it relates to the nurse-client relationship.
Course Outcome 2	Learning Objectives for Course Outcome 2
Demonstrate an understanding of therapeutic relationships guided by related professional and ethical frameworks.	2.1 - Demonstrate an understanding of RNAO Best Practice Guideline: Establishing Therapeutic Relationships in relation to reflective practice. 2.2 - Understand CNO practice guidelines - Therapeutic Nurse-Client Relationship and Ethics.
Course Outcome 3	Learning Objectives for Course Outcome 3
Demonstrate an understanding of the regulatory requirements related to reflection on one's practice.	3.1 - Explore the role of reflection in self-regulating professions. 3.2 - Determine the difference between reflecting and critically reflecting. 3.3 - Create an e-Portfolio to demonstrate professional requirements. 3.4 - Examine the CNO's Quality Assurance program.
Course Outcome 4	Learning Objectives for Course Outcome 4
Demonstrate an understanding of the process of self-reflection through the application of a guiding model.	4.1 - Identify various ways to reflect. 4.2 - Examine structured reflection. 4.3 - Understand the role that guided reflection can play in becoming objective and non-judgemental. 4.4 - Examine Carper's Ways of Knowing as a way to label the types of knowledge nurses use to make decisions. 4.5 - Apply Carper's Ways of knowing as aspects of reflective practice. 4.6 - Explore guided reflection models of Gibbs, Driscoll, and John's.
Course Outcome 5	Learning Objectives for Course Outcome 5
Perform self-evaluation through the reflective process and peer feedback.	5.1 - Explore an artistic form of self-reflection. 5.2 - Apply the CNO's Quality Assurance program to a clinical experience.
Course Outcome 6	Learning Objectives for Course Outcome 6



	Create a learning plan based on self-reflection.	6.1 - Explore transition from secondary to post- secondary academic writing. 6.2 - Explore various types of scholarly sources for the purpose of professional writing. 6.3 - Identify types of academic writing used by nurses. 6.4 - Demonstrate an understanding of APA formatting and referencing.
	Course Outcome 7	Learning Objectives for Course Outcome 7
	Demonstrate novice academic writing skills and a beginning knowledge of formatting as per the American Psychological Association (APA) guidelines.	

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Discussion Postings	15%
e-Portfolio	0%
Reflection Paper: Personal & Professional Growth	30%
Reflection Paper: Values	25%
Student Information Sheet	0%
Term Test	30%

Date: August 13, 2025

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.