

BSMCON General Education Courses

Fall 2021 – Spring 2022

BIO — Biology
COM — Communication
HNU — Human Nutrition
HSS — Human and Social Service

HWE — Health and Wellness
LDP — Leadership
LIT — Literature
PHI — Philosophy

BIO 3010: Genomics and Emerging Technologies (3 credits: lecture)

This course will build on the student's understanding of biology and examine the field of genomics and genetics. While exploring advances in this area of science, students will explore its most recent influence on health screenings and treatment options both now and in the future, as well as implications for public policy.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program
Post-Licensure RN-BSN Program: Admission to the program

BIO 4010: The Brain, Interrupted (3 credits: lecture)

This general education course provides students an in-depth analysis of neurobiology focusing on the anatomy, physiology, and function of the human brain. Students will also explore neurologic interruptions that lead to brain diseases and disorders that can alter a patient's reality, physical capabilities, and sensorium.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program
Post-Licensure RN-BSN Program: Admission to the program

BIO 4011: Vaccines and Global Health (3 credits: lecture)

This general education course provides the student a broad exploration of the epidemiologic impact of vaccinations on global public health, including those vaccines still under development. In this course students will explore the science of vaccines, the impact of epidemics and pandemics and how those have led to vaccine solutions, current drivers for the development of new vaccines, vaccination policies by governments, the ethical and cultural factors involved with testing new vaccines, and vaccine hesitancy including antivaccination sentiment.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program
Post-Licensure RN-BSN Program: Admission to the program

HSS 3003: The Ministry of Presence: Journey to Self-Awareness (3 credits: lecture)

This course will lead students on a journey of self-awareness, to discover who they are as a person and what motivates and drives them as individuals. Students will explore beliefs about self, others, and their current worldview through studying and applying concepts such as humility, listening, asking questions, standing in the awkward, and acceptance of self and others. This course will involve a self-discovery of how triggers and limitations impact the self and relationships with others. This analysis will look deep into oneself and lead the student on a revelation beyond the profession. While the text for this course is written from a Christian perspective, concepts in this course are relevant to all students.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program
Post-Licensure RN-BSN Program: Admission to the program

HWE 3001: Compassionate Self-Care: Building Resilience (3 credits: lecture)

This course will focus on building skills of resilience and compassionate self-care. Individuals face a multitude of stressors on a daily basis. While everyone experiences stress, our stressors and reactions to stress are very different. The toll of stress in our lives affects the quality of our selfcare, the quality of our caring for others, and the impact of our reactions to stress on those around us. Students will explore evidenced-based tools such as mindfulness, empathy, gratitude, and other key components of self-care in order to build personal resilience. Students will also learn to incorporate skills learned in this course into their personal and professional lives.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program
Post-Licensure RN-BSN Program: Admission to the program

LIT 4001: Disruptive Texts: Exploring Human Rights Through Literature (3 credits: lecture)

COM 3001 Navigating the Digital Jungle: Communication, Collaboration & Social Media (3 credits: lecture)

This course will focus on effective communication and collaboration skills in the digital world. This course provides an overview of the evolution of digital communication and the impact it has had on the process of making human connections. Students will explore topics such as appropriate online collaboration methods, navigating social media as a professional, personal branding, and emerging trends. Students will learn to effectively and professionally communicate, protect their digital footprint, and leverage themselves in today's digital world.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program

Post-Licensure RN-BSN Program: Admission to the program

HNU 3001: Understanding Obesity in America: Etiology, Influences, and Treatment (3 credits: lecture)

This course will examine the dynamic etiology, physiological, and psychological impacts of obesity, as well as the personal and social influences impacting obesity in today's society. Students will explore the multifaceted issues of obesity in the United States in addition to prevention and treatment options.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program

Post-Licensure RN-BSN Program: Admission to the program

HSS 3001: Advanced Lifespan Development (3 credits: lecture)

This course will provide an advanced exploration of current research and theories in human development related to motivation, personality, learning, and socialization. Emphasis is placed on typical physical, cognitive, emotional, and social developmental transitions throughout the lifespan as well as issues such as diversity, culture, and ethics. Content areas include infant perception, attachment behavior, intelligence, moral development, social interaction, and aging and death. A conceptual understanding of healthy development will be established as well as a more practical understanding of how to help children, adolescents, and adults address developmental challenges.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program

Post-Licensure RN-BSN Program: Admission to the program

This course will use literature to engage with and examine human rights as a discourse and a practice. Students will read a variety of literary texts that disrupt the personal understanding of human rights through different genres and media including novels, graphic novels, and poems. This course will use the United Nation's Universal Declaration of Human Rights as a framework to explore five areas of human rights: Economic, social, cultural, civil, and political. Students will critically evaluate distinct, oftentimes problematic articulations of human rights in literature and examine how literature contributes to the human rights discourse. Through open-minded and culturally responsive learning, students will examine their own interests and personal connections to what they are reading and how it impacts them as a person and their place in the world.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program

Post-Licensure RN-BSN Program: Admission to the program

LDP 3001: Relational Influence in the Digital Age (3 credits: lecture)

This course will explore the different tools needed to have relational influence in a fast-paced digital world. The tools required to collaborate in the digital world include a deeper understanding of personal communication frameworks, an appreciation of the contributions of others, the understanding of how emotional intelligence is needed for effective interaction, and how to adapt these in times of stress. Students will examine and apply these tools to learn to effectively engage and lead themselves and others at home, at work, and in their community. This will prepare students for success in every area of the life through understanding their own voice, worldview, and tendencies as they develop a personal leadership ethos.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program

Post-Licensure RN-BSN Program: Admission to the program

LDP 4001: Rooted in the Past, Standing in the Present, Reaching toward the Future: Awakening Your Call to Serve (3 credits: didactic)

The focus of the course is to explore the footsteps of the Bon Secours Sisters to cultivate one's call to serve. This course includes a pilgrimage to Bon Secours Retreat and Conference Center, Bon Secours Baltimore hospital, and Bon Secours Paris. Students will explore the history, present, and future work of Bon Secours to reflect on

**HSS 3002: Cultivating Your Call to Serve
(3 credits: lecture)**

This course will lead students on a journey to explore who they are and the meaning of service in their lives. To explore who they are, students will focus on concepts such as authenticity, vulnerability, presence, attitude, beliefs, and faith. To explore service, students will focus on concepts such as being service oriented, the power of serving, and cultivating resilience to sustain ones' call to serve. Students will incorporate this new understanding into a service-learning project.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program
Post-Licensure RN-BSN Program: Admission to the program

one's journey of being and becoming a servant leader. This course requires an application and acceptance.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program; acceptance for study abroad experience
Post-Licensure RN-BSN Program: Admission to the program, acceptance for study abroad experience

PHI 3001: Narrative Meaning Making: Stories and their Value (3 credits: lecture)

This course will explore the role of stories in revealing, shaping, and challenging the meaning and values we derive from our lived experiences. Stories are explored as conveyers of moral and ethical values and as justifying decisions made and actions taken. Students will learn to identify and describe the values implicit and explicit in the stories they tell about themselves and others through the study and practice of storytelling. The course begins with a discussion of various types of stories, proceeds to consider the structures of each story type, and concludes by seeking to understand the value and meaning of the stories we tell.

Pre-requisites

Pre-Licensure BSN Program: Admission to the program
Post-Licensure RN-BSN Program: Admission to the program