

ARIZONA WESTERN COLLEGE  
SYLLABUS

## AHE 150 BURNOUT TO BREAKTHROUGH

Credit Hours:   1   Lec   1  **PREREQUISITE:**

Must be a Nurse, Healthcare Provider, or student of a related program.

**COURSE DESCRIPTION**

This course focuses on applying strategies to manage and prevent burnout. Students will explore and discuss burnout concepts in order to identify what areas are contributing, or can contribute, to burnout. Additionally, we will explore areas of wellness in order to improve self-care as well as design a strategy to reach new goals. This course seeks to help you answer the question: How do I reignite my drive and choose a path of passion and inspiration again?

1. **COURSE GOAL**

- 1.1 Explore work and lifestyle habits that are contributing to burnout in order to identify areas of improvement.
- 1.2 Apply concepts of wellness to improve self-care.
- 1.3 Apply strategies to manage and prevent burnout.
- 1.4 Design a path to create results based on action steps.

2. **OUTCOMES**

Upon satisfactory completion of this course, students will be able to:

- 2.1 Identify strategies to manage and prevent burnout.
- 2.2 Identify signs and symptoms of burnout.
- 2.3 Identify stages of burnout.
- 2.4 Evaluate areas of work and lifestyle habits which can improve.
- 2.5 Apply principles of wellness into personal life.
- 2.6 Identify personal values, life vision, and goals.
- 2.7 Discuss actions that contribute to burnout.
- 2.8 Design an action plan to reach goals.

3. **METHODS OF INSTRUCTION**

- 3.1 Lecture
- 3.2 Multimedia (audio-visual) Presentation
- 3.3 Class Discussion & activities
- 3.4 Readings in Text

4. LEARNING ACTIVITIES

- 4.1 Student centered class discussion
- 4.2 Self-evaluation
- 4.3 Written Assignments

5. EVALUATION

- 5.1 End of the course written Self-Evaluation
- 5.2 Weekly Journal Entries
- 5.3 Participation
- 5.4 Additional Assignments as required by the instructor

Credit/No Credit

STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.6 Textbooks and materials: Students are required to bring notebook or loose-leaf book, pens, pencils, dictionaries, and purchase textbook required for class.
- 6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for "No Show" reporting during the first 10 days of each semester.

Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.

For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):

- Submitting an academic assignment
- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course