Electives
Recommended by the Compassionate Care Initiative at the University of Virginia School of Nursing

UNDERGRADUATE:

NUIP 2210: Foundations of Mindfulness Practice +
This course introduces mindfulness practices to facilitate coping with stress and greater engagement with life. It is highly experiential, using a lab/seminar format designed for students to explore applications of mindfulness in mind-body awareness, mindful eating, communication skills and stress management.

NUIP 3004: Practicing Wisdom and Resilience + (Part of UVA’s Well-being Minor)
This course explores the science of the brain/body connection offering experiential opportunities through direct meditative practices. Class time includes didactic learning, interactive dialogue, and engagement in mindfulness practices. We will develop self-assessment, self-care strategies and resilience practices, within the larger context of wisdom.

NUIP 3010: Deepening Mindfulness Practice
This course provides students who have an established mindfulness practice an opportunity to explore mindfulness in greater depth. Fundamental mindfulness practices will be strengthened, and new practices will be introduced. Class discussions and weekly assignments will facilitate deeper understanding of various mind states, and of the role of mindfulness in daily life.

NUIP 3030: Mindfulness and Compassion: Living Fully Personally and Professionally
This course provides an in-depth and rich experience in contemplative practices, namely secular mindfulness and compassion practices. It is designed to prepare students to live more fully, be more engaged and compassionate citizens and professionals, and navigate life’s stressors with greater clarity, peace of mind, and healthy behaviors.

+ Being offered in Fall 2019.

https://compassion.nursing.virginia.edu
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UNDERGRADUATE PROGRAM:

Wisdom in Nursing (WIN)
Undergraduate nursing students will learn to build new skills and maintain the core of compassion, while receiving invaluable, hands-on experience with actual patients. Beginning in their 2nd-year, participants will take NUIP 3004 (description on page 1) prior to being paired with a patient or “Care Partner”. Then, over the next 2+ years, students will follow them on their care journey—acting as an advocate, confidant and caregiver. Throughout the program, students receive faculty mentoring and peer support.

GRADUATE:

GNUR 5009: Foundations in Medical Yoga*+
The course is designed for students to acquire a basic understanding of Medical Yoga in terms of history, theory, research and application (both clinical and self-care), in relation to health and wellness.

GNUR 5030: Leading with Presence in Healthcare*+
Part inter-professional discussion and part experiential lab, this course is for current and future healthcare leaders who want to be more effective, mindful, and compassionate. Examine emerging research on mindful leadership, compassion in organizations, and leadership presence. Learn and adapt practices aimed at leading self, team and organization. Gain greater personal resilience, healthier work environments, and higher-quality patient care.

*Non-degree seeking students are also able to take these graduate-level courses, there is just a different application process. Contact the UVA School of Nursing’s Graduate Admissions Office to learn more.

+Being offered in Fall 2019

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