Module 1: Introduction

1.1 Welcome

No narration, only music.
1.2 Overview

Narration

**JILL**: Hi ... I’m Jill and I have my colleague Carlos with me. We’ll be your guides throughout this Learning to Learn online course for Alberta Licensed Practical Nurses. Are you ready to begin, Carlos?

**CARLOS**: Hi Jill ... I sure am! What’s this course about?

**JILL**: The purpose of this course is to motivate and help Licensed Practical Nurses embrace lifelong professional learning. LPNs must undertake ongoing professional development and continuing education to develop, maintain and enhance their nursing competence. With the constant changes and advancements in medical knowledge and technology, a nurse’s knowledge and skills can soon become outdated.

**CARLOS**: Well, that makes sense! But what specifically is the course going to teach them?

**JILL**: That will be explained in this Introductory Module. In the following slides, we’ll describe the purpose and importance of this course as it relates to continuing competence. We’ll then briefly outline the contents of each of the seven course modules. Next, the different course components and learning activities will be outlined. And finally we’ll provide some suggestions on how to get the most from this course.

**CARLOS**: Sounds interesting. Let’s get started.
1.3 Purpose

Purpose of the Course

Lifelong professional competence
Continuing competence program
Digital learning
Effective learning strategies
Managing risks and dangers

Narration

JILL: Okay! The purpose of this course is to provide the knowledge, tools and resources to enable LPNs to effectively and efficiently develop, maintain and enhance their professional competence throughout their careers.

CARLOS: And how will the course do that?

JILL: Module 2 describes the mandatory Continuing Competence Program for Alberta LPNs. The Continuing Competence Program is a process of ensuring that LPNs maintain their competence as defined by the Health Professions Act. It consists of four steps. These are: self-assessment, learning plan, continuing competence activities and an audit.

CARLOS: That sounds like it will be very useful? What else?

JILL: Module 3 will discuss digital learning. Here we’ll examine the latest information technologies that affect learning, teaching and research. We’ll also discuss some ways to make the best use of these tools for professional development.

In Module 4, we’ll cover some ways to improve the effectiveness and efficiency of our learning and studying. Topics will include organizing, scheduling and effective study habits as well as dealing with distractions and taking personal care of yourself.

And in Module 5, we’ll explain some of the risks and dangers associated with digital learning technologies, and ways to protect yourself. Modules 6 and 7 consist of further resources and a final exam.
1.4 Importance

**Narration**

**JILL:** Now let’s discuss why we believe this course is important and needed.

**CARLOS:** Jill, I don’t mean to be disrespectful. But I do have a question.

**JILL:** Yes?

**CARLOS:** Well, let’s see. I spent one year in nursery school, another year in kindergarten, twelve years in public school, and another couple of years learning to be a practical nurse. I believe that makes a total of 16 years! In addition to that, I have attended countless workshops, seminars, conferences, and other learning activities. Don’t you think that educated nurses like me have already figured out how we learn best?

**JILL:** That’s a very good question Carlos. Let me answer that by asking you a question. Are you 100 percent confident that your learning and study methods are as effective as they can be?

**CARLOS:** [after a 3 second pause]. Well, when I think about it, and if I’m truly honest with myself, the answer has to be “No”. I often procrastinate, am easily distracted and am prone to wasting time.

**JILL:** So you would agree that you and other nurses probably could benefit from learning to learn more effectively?

**CARLOS:** Yes, I would.

**JILL:** Let me ask you another question? Are you still using the same learning strategies you did in high school?
CARLOS: Of course not!

JILL: Why not?

CARLOS: One reason is that the content and demands are much more complex and sophisticated. The other big reason is the increase of technology. Knowledge and information are now mostly available through the Internet. This is having a huge impact on education, teaching, learning and research.

JILL: The constant change and advancement in technology will continue. So professionals will have to adapt and learn how to use it for their continuing competence.

I have one more question for you.

CARLOS: Yes?

JILL: Do you have as much time and energy for learning now as a fully employed nurse compared to when you were a student?

CARLOS: Are you kidding me? I work 12-hour shifts and am totally exhausted at the end of the day and on my days off! Also, I have two children who seem to be fully booked with school activities, sports and music lessons! Finding the time and energy to devote to professional development is a real challenge!

JILL: So would you agree with me that acquiring knowledge and skills that will improve the effectiveness and efficiency of your learning and studying is a useful exercise?

CARLOS: Yes I would! Being a more effective learner will certainly reduce much of the stress in my life.

JILL: So, is it possible that this course may contribute to your increased personal and professional productivity and job satisfaction?

CARLOS: Yes it could. Okay Jill, you made your point! I’m convinced. So let’s move on!
Narration

JILL: Now we’ll take a look at the seven modules that make up this course. Let’s do this one together. You start.

CARLOS: Sure thing. Module 1 is the course introduction, which we are doing now.

JILL: Module 2 is about the LPN Continuing Competence Program. The topics that will be discussed are how to participate in the Continuing Competence Program and the many different ways to learn.

CARLOS: Module 3 is about digital learning. The topics include such things as digital literacy and learning, benefits and challenges, finding learning resources, and an overview of digital learning technologies.

JILL: Module 4 is about effective learning and study strategies. We’ll discuss topics such as learning styles; organizing your learning activities; managing distractions and personal wellness.

CARLOS: Module 5 is about the risks and dangers associated with online and digital learning.

JILL: Module 6 consists of links to related external resources. These include learning styles, time management and digital literacy self-assessment tests, and related videos.

CARLOS: And finally, Module 7 is the final course exam and references. For more details on each module, click the icon in front of the module.
1.6 Components

**Course Components**

Variety of learning approaches:
- narrated video presentations
- quizzes
- podcasts
- handouts & notes
- interactive exercises
- final examination
- other resources

**Narration**

CARLOS: Jill ... there IS more to this course then just having the LPNs listen to you and me, isn’t there?

JILL: Yes there is, Carlos. In addition to our narrated video presentations, there are quizzes and knowledge checks at the end of each module to help assess understanding of the topics covered. For auditory learners, there are also podcasts of our presentations.

Handouts for each module make it easier to follow along, and to learn offline. To make things a bit more interesting, there are also flash-cards and other interactive exercises. A final exam with a Certificate is included for those that want to use this course for their continuing education or as a continuing competence activity for the Continuing Competence Program. And lastly, we have identified a number of resources, including excellent videos on learning techniques, time management and taking online courses.

CARLOS: Great! It appears that this course has a variety of approaches to learn about effective professional development. Good thing ... I don’t want to feel solely responsible for anyone’s learning success.

JILL: Me neither!
1.7 Tips

Tips for Effective Learning
To get the most from this course:
- use player controls
- print out handouts
- pace yourself
- watch the other videos
- do quizzes and activities
- repeat, review and refresh

Narration

JILL: To conclude this Introductory Module, here are some brief tips on how to get the most from this and other similar courses. We’ll cover this topic in much more detail in Module 4. Our first recommendation is to use the player controls smartly. You can Pause a slide, Replay it or use the menu to go directly to another slide. The player features give you total control over the path and pace of your learning! Take our one-minute tutorial to familiarize yourself with the player controls.

CARLOS: Our second suggestion is that BEFORE you view a video, print out or open the handout for that module. The handout provides you with a copy of the slides and our narration. This makes it easier for you to follow along. Remember you can Pause the presentation at any time! Pause the video if you want to review what we said, to make notes, or simply want a moment to think about it.

JILL: There is a lot of information in this course! Do not try to do the course all in one sitting. We learn better, and remember more, if we pace ourselves. Being online, this course and its components are available anytime and anywhere you have an Internet connection.

CARLOS: Your learning will be more successful if you do more than just listen to us! Watch the videos listed in the Resources module. Be sure to do the quizzes and interactive activities. They are fun, engaging and will help you learn better and remember more!

JILL: Our last tip is to periodically return to repeat all or parts of this course. Reviewing will be especially useful in those areas where you may be having difficulty with your learning. Do the final exam, module quizzes and interactive exercises periodically to assess and monitor your knowledge.
CARLOS: Hey Jill. Those are some pretty good tips!

JILL: Yes, they are. I hope that LPNs will keep them in mind as they work through this course.
1.8 Summary

Narration

JILL: This brings us to the end of this presentation. Carlos, why don’t you briefly summarize what we covered in this Introductory Module?

CARLOS: Sure, I’d be happy to. We began by describing the purpose of this course, which is to help LPNs learn more effectively to develop and enhance their professional competence. We then discussed the reasons why this course is needed – to improve the effectiveness of learning and professional development within constantly evolving technological and work environments and family demands.

The contents of the seven modules that make up this course were described. This course has several different components including these narrated videos, quizzes, podcasts, interactive activities and a final exam. We ended this presentation with several suggestions about how to get the most out of this course.

JILL: Thanks for doing that! I’m Jill ... along with Carlos. We’ll see you again in the next module.

CARLOS: Bye!
1.9 The End

You have now completed this video presentation. What would you like to do next? Click the appropriate button below.

No narration, only music.