

**NARAYANA COLLEGE OF NURSING  
CHINTHAREDDY PALEM, NELLORE**

**DEPARTMENT OF MENTAL HEALTH NURSING**

**VALUE ADDED COURSE ON “ CRITICAL THINKING, CREATIVE  
THIKNING, ASSERTIVENESS”**

Department of Mental Health Nursing organized a **Value Added Course on “Critical Thinking, Creative Thinking, Assertiveness”** from 18/03/2019 to 19/03/2019 in 3<sup>rd</sup> Floor, Auditorium at Narayana College of Nursing.

**DAY 1: INAUGURATION OF THE VALUE ADDED COURSE (9AM-10.00AM)**

At 9am-9.10am, Pretest was conducted for all the participants enrolled for the value added course, The programme started at 9.11 am with the prayer song by Ms.Anjali, Ms.Roshi Chacko, Ms.Annmariya, II Year B.Sc(N) students and welcome song by Ms.Anjali Mohanan, Ms.Abiyamol, Ms.Rosemariya II Year B.Sc(N) students. Welcome address was proposed by Ms.S.Deepa, II Year M.Sc(N)

Dr.Indira S, Dean and Principal NCN, Mrs. V. Jayanthi, Principal, HOD OBG Dept, SNNC and HODs of all the department lighten the lamp and inaugurated the programme. A total of 231 participants including faculties and students got enrolled for the value added course.





## **DAY 1: CRITICAL THINKING**

### **SESSION I (10.01AM-10.40AM) CHARACTERISTICS, PURPOSES OF CRITICAL THINKING**

Dr.Indira S, elaborated on Characteristics, Purposes of Critical Thinking where she discussed on definition, Characteristics of Critical Thinking, Characteristics of critical thinkers and a video on Flashcards 8 characteristics of critical thinking.

### **BREAK (10.41AM-11.00AM)**

### **SESSION II (11.01AM-12.00N) STANDARDS, COMPONENTS & DIMENSIONS OF CRITICAL THINKING,**

Mrs. S. Suchitra, Assistant Professor, NCON, presented on Standards, Components And Dimensions Of Critical Thinking in which she highlighted on standards, logical correctness, components of critical thinking , dimensions of critical thinking, analysis of thought , assessment and disposition, skills for thinking critically. She involved in the Weeded activity where the two letters of end word is given and participants were asked to formulate as many words as possible. A video on “tips to improve critical thinking” was played

### **SESSION III (12.01PM-1.00PM) EMOTIONS & PROBLEM SOLVING IN CRITICAL THINKING**

Mrs. T. Lalitha, Assistant Professor, SNNC, presented on Emotions and Problem Solving which was tinted with emotions, types, importance of emotions at workplace, how emotions impact productivity, barriers of problem solving , managing emotions. Also she demonstrated the problem solving. A video on “5 tips in problem solving” “solving problems- building resilience”, “effective problem solving” was played

## **LUNCH BREAK (1.00PM-2.00PM)**

## **SESSION IV (2.01PM-3.00PM) CRITICAL THINKING INDICATORS, SKILLS & TECHNIQUES, CRITICAL THINKING IN NURSING PROCESS**

Dr.Rajeswari H, Professor & HOD, NCON, presented on Indicators, skills, Techniques of critical thinking, Application of Critical thinking in Nursing process who narrated on skills, attitude, techniques, Applying critical thinking to nursing practice, Implementation of critical thinking in Nursing Process, Thinking and Learning. Brain Teaser activity was given. Crosswords on Medical terms were given to fill and to return. Video on “critical thinking prioritization” was engaged.

## **SESSION V (3.01PM-4.00PM) CLINICAL REASONING**

Dr.Rajeswari H, narrated on Clinical Reasoning. Cognitive processes, Meta cognitive processes, Importance & Failure to Clinical Reasoning, Components of Clinical Reasoning, clinical reasoning cycle, Concepts, Types of Clinical Reasoning, Strategies which encourage clinical reasoning with students, Integration of Critical Thinking and Clinical Reasoning was discussed. Quiz on clinical reasoning was conducted. Played a video on “how to think like a nurse”.

## **BREAK (4.01PM-4.15PM)**

## **SESSION VI (4.16PM-5.00PM) CONCEPT MAPPING**

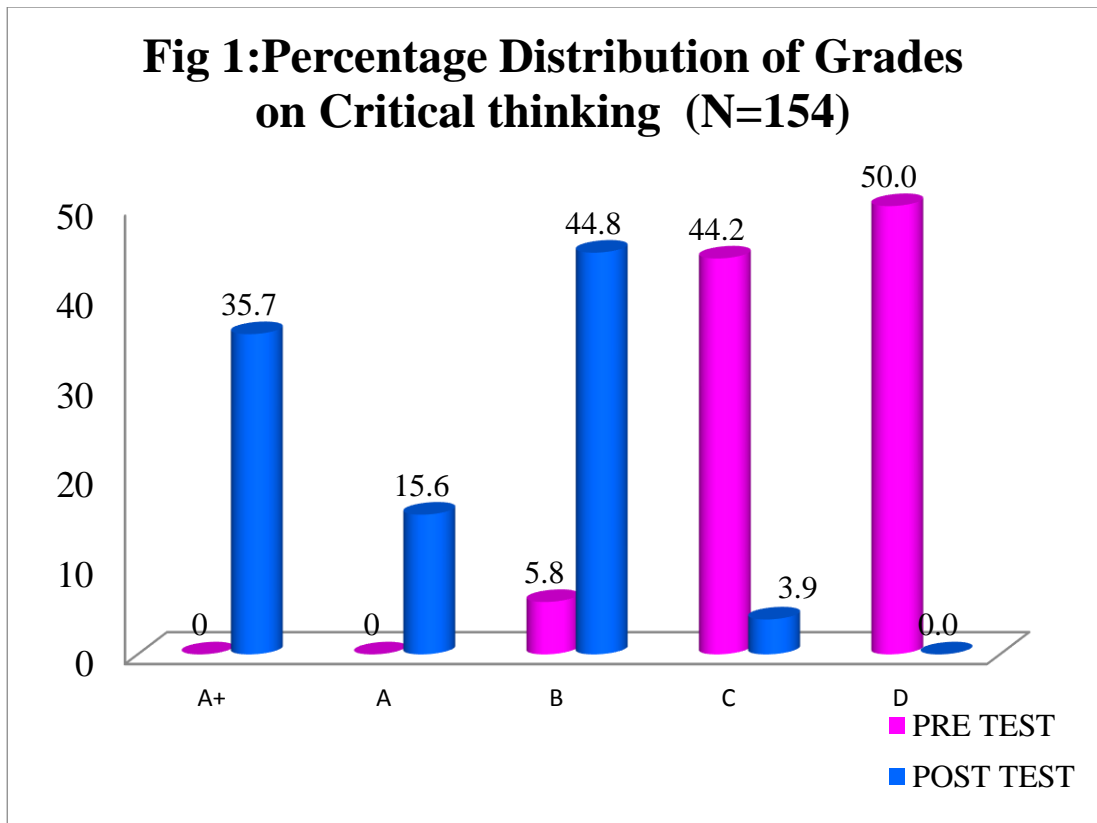
Dr.Rajeswari H, explained the Concept Mapping focusing on types of concept maps, time to use it, structure to use, creating the map, limitations. Video was played on “how can i make concept map”.

Dr.Rajeswari H, reminded the whole day session and posttest was obtained from the participants.



**Table 1: Frequency and Percentage Distribution of Grades on Critical Thinking (N=154)**

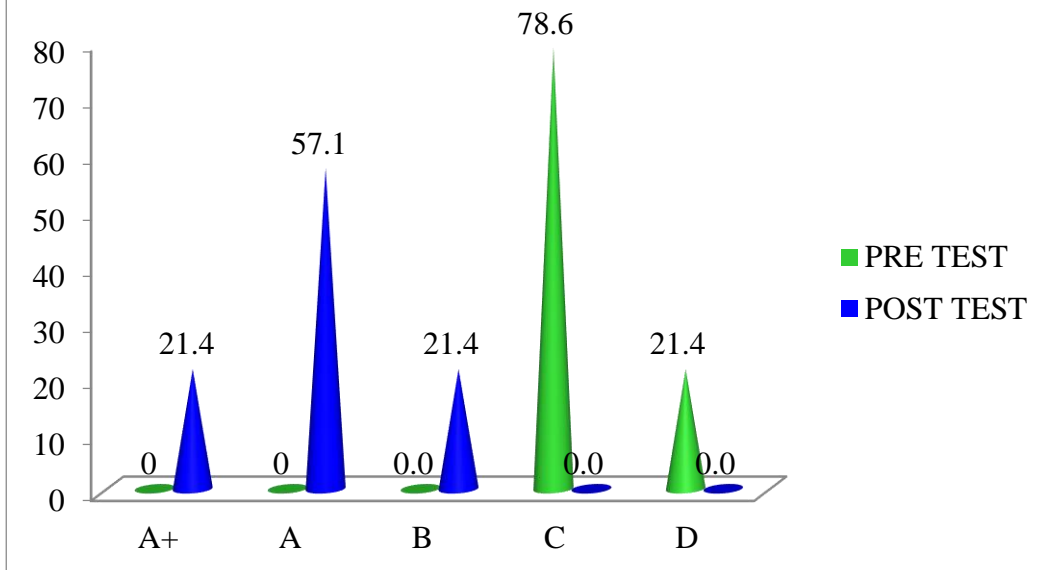
GRADES	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	55	35.7
A	0	0	24	15.6
B	9	5.8	69	44.8
C	68	44.2	6	3.9
D	77	50.0	0	0
<b>TOTAL</b>	<b>154</b>	<b>100</b>	<b>154</b>	<b>100</b>



**Table 2: Frequency and Percentage Distribution of Grades on Critical Thinking among Faculties (N=14)**

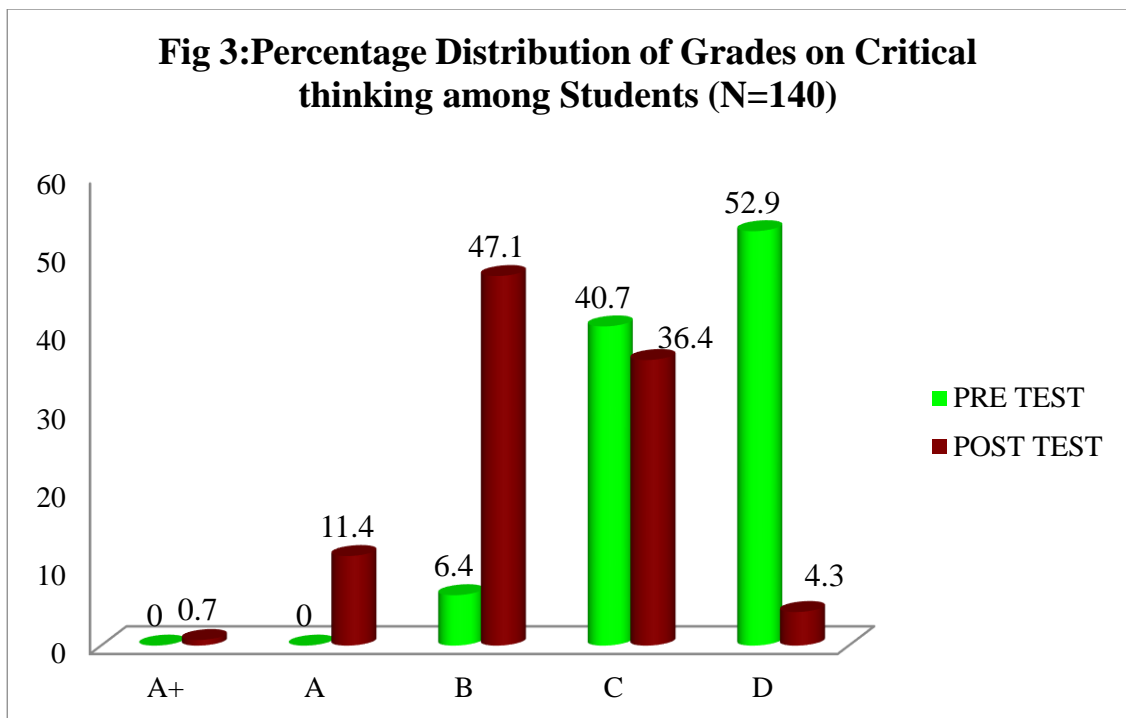
GRADES	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	3	21.4
A	0	0	8	57.1
B	0	0	3	21.4
C	11	78.6	0	0.0
D	3	21.4	0	0.0
<b>TOTAL</b>	<b>14</b>	<b>100</b>	<b>14</b>	<b>100</b>

**Fig 2:Percentage Distribution of Grades on Critical thinking among Faculties (N=14)**



**Table 3: Frequency and Percentage Distribution of Grades on Critical Thinking among Students (N=140)**

GRADES	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	52	37.1
A	0	0	16	11.4
B	9	6.4	66	47.1
C	57	40.7	6	4.3
D	74	52.9	0	0
<b>TOTAL</b>	<b>140</b>	<b>100</b>	<b>140</b>	<b>100</b>



The pre-test post-test analysis on Critical Thinking reveals that there is a definite enhancement of knowledge on critical thinking though this value added course

## **DAY 2: CREATIVE THINKING**

### **SESSION I (9.00AM-10.00AM) NEUROSCIENCES, DESIGNS OF THINKING, SIX THINKING HATS**

Dr.Rajeswari H, Professor & HOD, NCON, discussed on Neurosciences, Designs of Thinking, Six Thinking Hats which spotlighted on Creative Thinking, Neuroscience in Creativity, Left and Right Brain Functions, Blocks, Designs of Thinking and Six Thinking Hats. Mind squeeze activity was conducted and many participants answered. Riddles were asked and participants came with the solution. Videos was projected on “ how to have better creativity”

### **BREAK (10.01AM-10.30AM)**

### **SESSION II (10.31AM-11.30AM) THEORIES & BLOCKS OF CREATIVE THINKING**

Mrs. T. Lalitha, Assistant Professor, SNNC, explained on Theories & Blocks of Creative Thinking where she focussed on Creativity As Divine Inspirations, Creativity As A Cosmic Life, Psycho-Analytical Theory, Mental Health Theory, Gestalt Theory, Intellect Theory, Cognitive Theory, Personality Trait Theory(Gordon Allport),and Eight Blocks Of Creative Thinking. Scattergories- drawing challenge was given and winners were given with the Prizes

### **SESSION III (11.31AM-12.15PM) TECHNIQUES OF CREATIVE THINKING**

Dr.Rajeswari H, stimulated the participants with Techniques of Creative Thinking where she elaborated on Stages of creative thinking, Techniques of Creative Thinking- Brainstorming, Brain Writing- Brain Writing Pool & Brain Writing- 6-3-5, A bridge - process flow analogy, The six thinking hats, Mind Mapping, Five Ws and H, SCAMPER, Analogies, Story boarding, Lotus Blossom, The Excursion Technique and Computer-based creativity techniques.”Creative Professional Identity” video was played. Hand Squeeze brain exercise was demonstrated and participants also return demonstrated the exercise.

### **SESSION IV (12.16AM-1.00PM) CATEGORIES OF CREATIVE THINKING, CREATIVE HABITS & SKILLS**

Mrs. S. Suchitra, Assistant Professor, NCON, discussed On Categories of Creative Thinking, Creative Habits & Skills in which she detailed on Categories of Creative Thinking, Elements of Creative, Creative Skills, and Thinking Habits. She also demonstrated on “Quick & Easy Brain Exercises to Improve Concentration”. Participants also joined and did the exercise. Also played video on “7 Ways To Have Better Creative Thinking” and “9 Brain Exercises to Strengthen Your Mind”.

### **LUNCH BREAK (1.00PM-2.00PM)**

### **SESSION V (2.01PM-3.00PM) INTEGRATION OF CREATIVE & CRITICAL THINKING, MIND MAPPING**

Mrs. T. Lalitha, talked about Integration of Creative & Critical Thinking, Mind Mapping on the aspects of Critical versus Creative Thinking, Thinking Processes, Creative Thinking Tools, Why Mind Map, Mind Maps Use, 7



Steps, Brainstorming Words, Verbal Mind Mapping. Chardes activity was done. Participants enthusiastically participated in that.

### **SESSION VI (3.01PM-4.00PM) INFLUENCE OF CREATIVE THINKING**

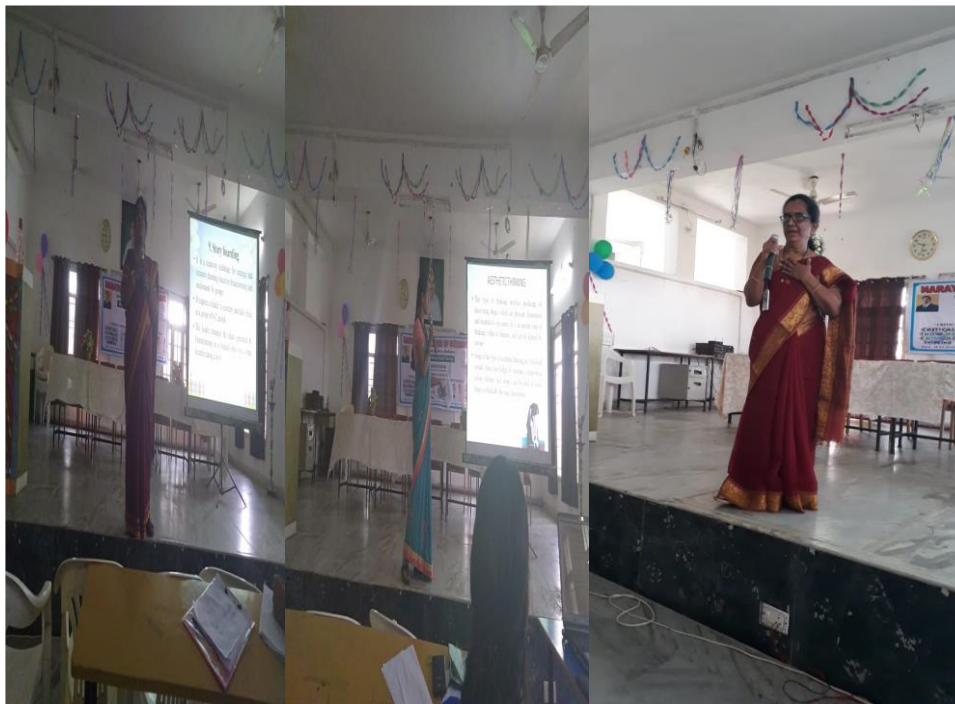
Dr.Rajeswari H, recited on Influence of Creative Thinking. Highlights were Environmental Factors That Can Help to Boost Creative Thinking, Experiences, Fearlessness, Desire, Space And Time, Individual Factors, Processes influencing creativity, Pressures or impediments, Resources influencing creativity, Four Surprising Factors That Influence Creativity.

### **BREAK (4.01PM-4.30PM)**

### **SESSION VII (4.31PM-5.00PM) CREATIVELY USE ME**

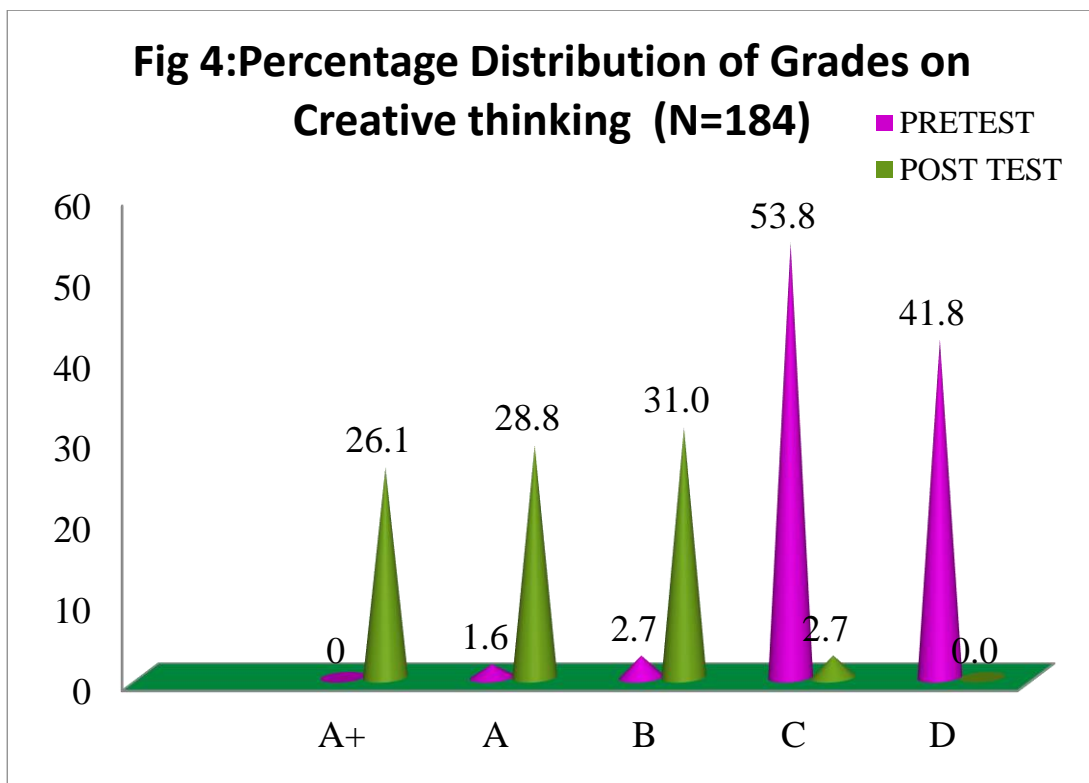
Mrs. S. Suchitra stimulated the participants about the use of materials creatively. All the participants actively participated in this session

All the participants filled up the posttest questionnaire and the snippets of this day was given by Mrs. T. Lalitha.



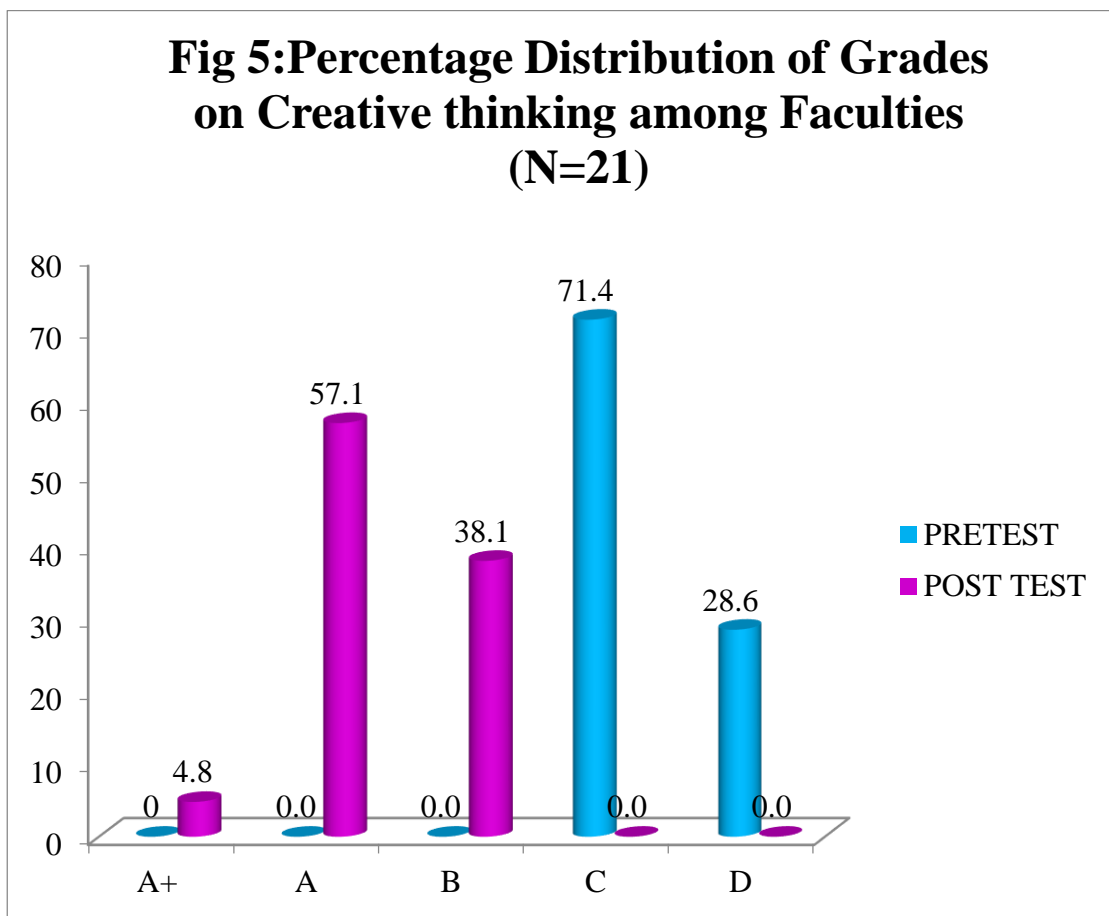
**Table 4: Frequency and Percentage Distribution of Grades on Creative Thinking (N=184)**

GRADES	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	48	26.1
A	3	1.6	53	28.8
B	5	2.7	57	31.0
C	99	53.8	5	2.7
D	77	41.8	0	0
<b>TOTAL</b>	184	100.0	184	100.0



**Table 5: Frequency and Percentage Distribution of Grades on Creative Thinking among Faculties (N=21)**

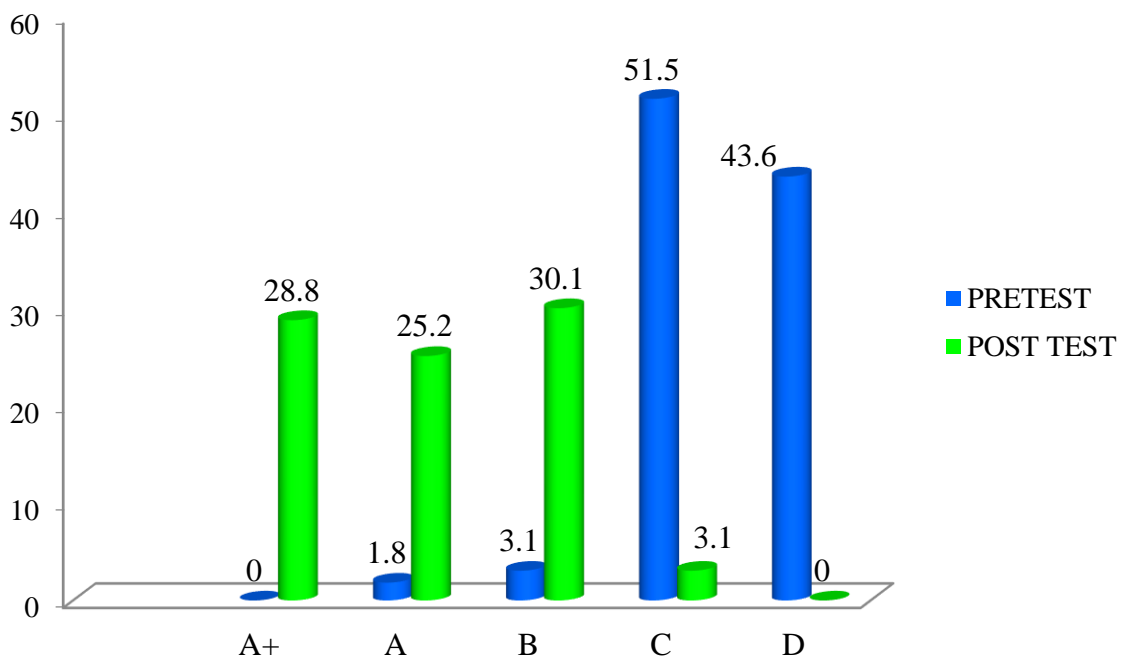
GRADES	PRETEST		POST TEST	
	f	%	f	%
A+	0	0.0	1	4.8
A	0	0.0	12	57.1
B	0	0.0	8	38.1
C	15	71.4	0	0.0
D	6	28.6	0	0.0
<b>TOTAL</b>	<b>21</b>	<b>100.0</b>	<b>21</b>	<b>100.0</b>



**Table 6: Frequency and Percentage Distribution of Grades on Creative Thinking among Students (N=163)**

GRADES	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	47	28.8
A	3	1.8	41	25.2
B	5	3.1	49	30.1
C	84	51.5	5	3.1
D	71	43.6	0	0
<b>TOTAL</b>	<b>163</b>	<b>100</b>	<b>163</b>	<b>100.0</b>

**Fig 6:Percentage Distribution of Grades on Creative thinking among Students (N=163)**



**DAY 3: ASSERTIVENESS**

## **SESSION I (9.00AM-10.00AM) COMMUNICATION CONTINUM, ORIGIN AND FACETS OF ASSERTIVENESS**

Mrs. T. Lalitha, Assistant Professor, SNNC, enlightened on Communication Continuum, Origin and Facets of Assertiveness - communication continuum, 7c's of communication, models of communication, origin of assertiveness, facets of assertiveness.

### **BREAK (10.01AM-10.30AM)**

## **SESSION II (10.31AM-11.30AM) ASSERTIVE COMMUNICATION AND TECHNIQUES**

Dr.Rajeswari H, Professor & HOD, NCON made clear on Assertive Communication and Techniques where the points focused on Non-Assertiveness, Non-Assertive Body Language, Assertiveness, Assertive Body Language, Aggressiveness, Aggressive Body Language, Laying the groundwork for assertive behaviour, Techniques of Assertive communication, Tips For Being Assertive, Every Person's Bill of Rights. Activity like The chair, FIST, Word Association was done where the participants participated enthusiastically. Videos on "assertiveness\_scenarios\_10\_examples" were played for the understanding of participants.

## **SESSION III (11.31AM-1.00PM) METHODS OF CONFLICT RESOLUTION AND SOCIAL CONFIDENCE**

Mrs. T. Lalitha related on the Methods of Conflict Resolution and Social Confidence. The highlights were What Doesn't Work, What Does Work Conflict Resolution, Where and with whom can conflict happen, Can't we all just get along. In social confidence, she discussed on Creating a Confident Outlook, Improving Your Social Skills, Practicing Confidence. Participants were involved in releasing the human knot. Video on "Team Building Exercise - The Human Knot" was played

### **LUNCH BREAK (1.00PM-2.00PM)**

## **SESSION IV (2.01PM-3.00PM) ASSERTIVE ROLE AT WORK AND ASSERTIVE TRAINING**

Mrs. S. Suchitra, discussed on Assertive Role at Work and Assertive Training- assertiveness training, goals of assertiveness training, human assertive rights, assertiveness training in work place, managing the team for top results, become more assertive, change your verbs. Group activity on opposite attracts was conducted and all participants actively involved in it.

This day session highlights were discussed and doubts were clarified and posttest was conducted between 3.00PM-3.30PM

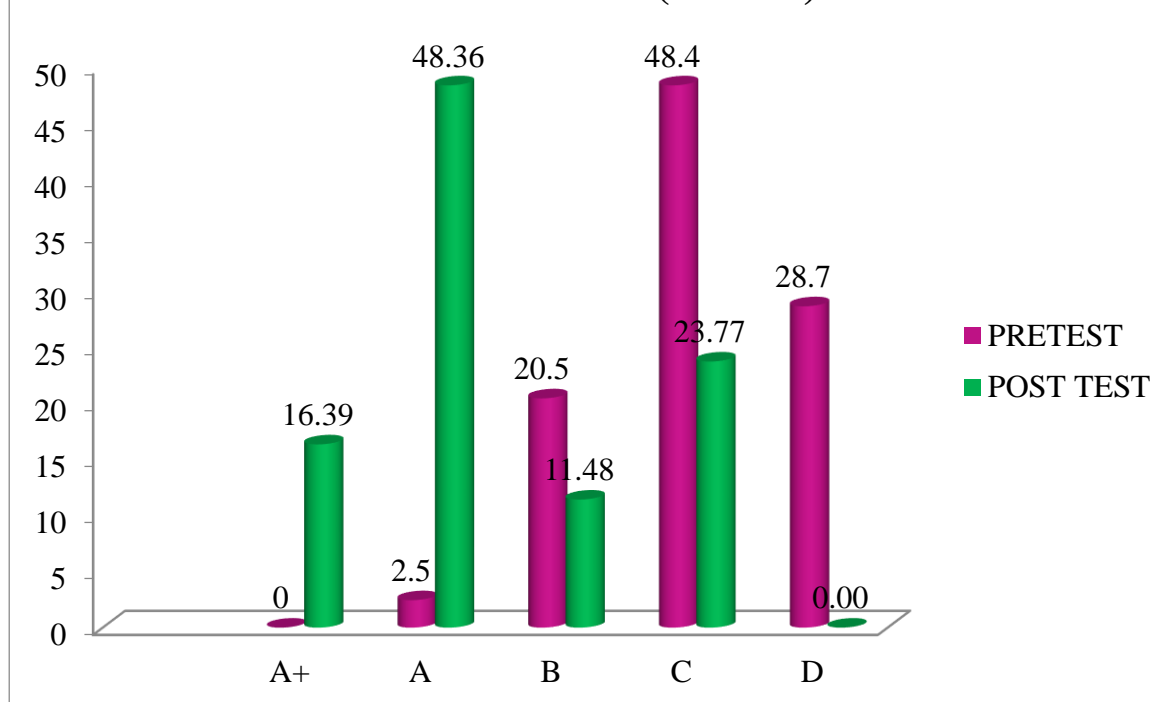


**BREAK (3.31PM-4.00PM)**

**Table 7: Frequency and Percentage Distribution of Grades on Assertiveness (N=122)**

GRADES	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	20	16.4
A	3	2.5	59	48.4
B	25	20.5	14	11.5
C	59	48.4	29	23.8
D	35	28.7	0	0
<b>TOTAL</b>	<b>122</b>	<b>100</b>	<b>122</b>	<b>100</b>

**Fig 7:Percentage Distribution of Grades on Assertiveness (N=122)**



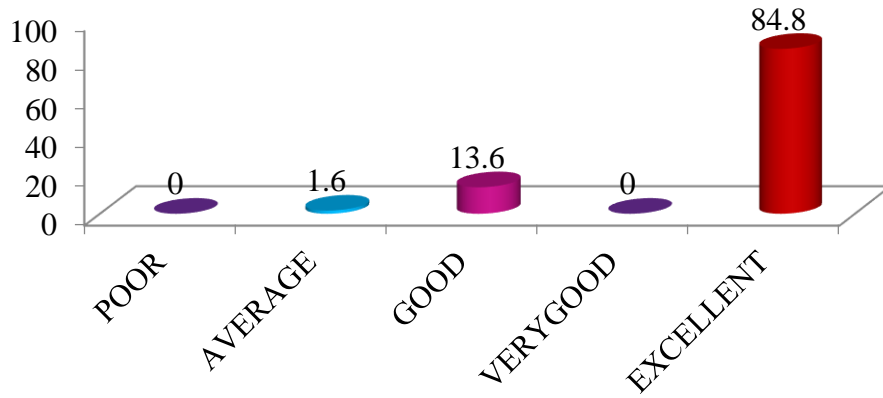
#### **VALEDICTORY (4.01PM-5.00PM)**

The programme started at 4PM with the prayer song by Ms.Anjali, Ms.Roshi Chacko, Ms.Annmariya, II Year B.Sc (N) students and welcome song by Ms.Anjali Mohanan, Ms.Abiyamol, Ms.Rosemariya II Year B.Sc (N) students. Welcome address was proposed by Mrs. T. Lalitha, Assistant Professor, and SNNC.

Dr.Indira S, Dean and Principal NCON, Mrs. V. Jayanthi, Principal, SNNC and HODs of the entire department lighted the lamp.

Report of Value Added Course was presented by Dr.Rajeswari H, Professor & HOD, NCON. Participants gave the feedback about the Value Added Course. The 1<sup>st</sup> & 2<sup>nd</sup> prize winners of weeded words, scattergories, mind mapping, cross words, mind squeezing and riddles, quiz and Fist was given with prizes. Mrs.Kantha,HOD of Nursing Research and Ms.Meghna,IV Year B.Sc(N) expressed their views on this program. Certificates were distributed to all the participants. Lastly the vote of thanks was delivered by Mrs. Suchitra, Asst. Professor and the programme ended with National Anthem.

**Fig 8: Distribution of Feedback Analysis of the Value Added Course (N=122)**



**Fig 9: Distribution of Feedback Analysis on Presentation Regarding the Value Added Course (N=122)**

