

In Progress

Please note that this Unit Profile is still in progress. The content below is subject to change.



NURS13139 *Building Professional Resilience in Nursing* Term 1 - 2026

Profile information current as at 27/12/2024 01:32 pm

All details in this unit profile for NURS13139 have been officially approved by CQU University and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

Challenges in professional practice can contribute to stress, and burnout and may even cause nurses to consider leaving the profession. Resilience may help nurses deal with professional challenges. In this unit, you will explore the concept of resilience and its place in nursing. You will also identify factors that contribute to workplace stress, and reflect on strategies that promote resilience and assist in the management of adverse events within the workplace.

Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 7

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Pre-requisites: NURS11164 Effective Communication in the Health Care Environment OR NURS11163 Recovery Approach to Mental Health NURS11165 The Profession of Nursing OR NURS11159 Introduction to Nursing NURS12165 Evidence to Inform Nursing Practice OR NURS11158 Evidence Informed Nursing Practice NURS12162 Mental Health Nursing with Professional Experience Placement OR NURS12157 Concepts of Mental Health Nursing

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 1 - 2026

- Brisbane
- Online
- Rockhampton

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Information for Class and Assessment Overview has not been released yet.

This information will be available on Monday 12 January 2026

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from SUTE.

Feedback

Craig and Shunil are the best lecturers and unit coordinators I have experienced throughout the three year course. The most important approach that Craig and Shunil use in their teaching is consistently creating a safe environment for students. It not only helps reduce anxieties and confusion because you feel comfortable to be open with them and can clearly receive what they are saying but it also motivates you to want to engage more. The resources and support materials for assessments that they provide are extremely helpful and support student to be able to produce good quality work. They also have a really warm and encouraging approach that allows people to speak and rather than telling them they're wrong as a lot of coordinators do, they are very diplomatic and thoughtful about the ways in which they can redirect the person to the right answer or different way of thinking without making them feel ashamed or publicly highlighting their errors as other coordinators often do. I wish every unit had lecturers like Craig and Shunil, they are worth infinitely more than their weight in gold.

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE.

Feedback

Just want to say that Craig & Shunil have been amazing this semester! I have transferred from another university and the student support has surpassed the support received at the old campus. The content was clear and concise and was easy to engage and follow along with. The assessment units are clearly written and the rubric is easy to follow along with. Overall, very happy with this unit. And a massive thank you to both mentioned about for advocating for your students' mental health and taking the time to check in on students.

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE.**Feedback**

I was lucky to have met one of the lecturers in a previous class so I felt connected. I have to mention that I had some very difficult personal matters occur during this term and must give recognition to Shunil Raina who really helped me focus on what needed to be done, gave supportive words and encouragement, and a little laugh. For somebody who is going through a stressful period, this unit can be quite triggering as it is bringing great awareness to how much you may NOT be coping and how truly stressed you are without realising it. I feel it would be most beneficial for a mental health professional to remain as a lecturer for students taking this unit, and that students are aware of who this is.

Recommendation

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Feedback from SUTE.**Feedback**

I am so grateful that we have such a great team to provide the wonderful unit in this term. I learned a lot from the weekly zoom tutorial which present in a humorous and realistic way. Also, the assessment feedback from my UC, especially Shunil, is so great. They really considered the situation that English is my second language and provide so many helpful advices in the comment of the assessment. I believe my nursing career will benefit from the knowledge I obtained in this unit and the UC team. Thank you so much!

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE.**Feedback**

This was a very relevant helpful unit. Was a good opportunity to reflect on nursing practice throughout our placements, not only for our assignments but for ourselves to see how far we had come and what challenges we have overcome already. Very engaging helpful teachers. Thank you.

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE.**Feedback**

The unit coordinators for this subject are so helpful and kind, it was very nice to have their support. Thank you so much to the teachers. They were amazing and made learning enjoyable, Thank you so much.

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE. Direct communication.

Feedback

Workbook: Positive student feedback was received in relation to the module-to-module format. I found the workbook was a fantastic way to work through the content and make sure understanding was gained through answering questions. Reference lists made understanding of the type of references to search for more concise. The zoom videos were longer than other subjects, however, I liked the fact that the information was linked to real-life scenarios experienced by the lecturers. Having the zoom lessons recorded was also fantastic as I have a very heavy work schedule that did not allow me to attend live classes.

Recommendation

The workbook format will remain as it promotes a positive learning experience for the students. Workbook content and aligned learning activities will be updated to incorporate contemporary literature. Tutorials will continue to be recorded so they are available to all the student cohort.

Feedback from SUTE. Student emails. Direct communication.

Feedback

Online tutorial sessions: The availability of the unit coordinators was identified by students as beneficial and contributed to their ability to submit their assessments. The unit coordinators made the tutorials a safe and calming space. One student found the tutorials needed to be shorter in time.

Recommendation

Tutorial sessions will be divided into two-thirty-minute sessions to increase student participation.

Feedback from SUTE.

Feedback

The best group of coordinators. Loved the subject. found the team exceptional and the compassion I could hear in their voices. Information was presented very well thank you.

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE.

Feedback

Craig was extremely helpful and very kind. Thank you, Craig.

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE.

Feedback

Shunil has to be the most respectful patient caring lecturer. Anytime I needed support or help he would call take the time to explain ensure the outcome is fair and reasonable, I think even beyond. What an amazing man you have, I will never forget how he made me feel when I was struggling mid term. He just got it without judgement or disrespect.

Recommendation

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Feedback from SUTE.

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Feedback from SUTE.**Feedback**

I loved listening to shunils lectures, he was interactive showed passion and enthusiasm for the topic and linked to well to real world practices. Out of all the units i have completed to date shunil has "sold" the content and i believe this is reflected in the assessment marks achieved by students as a clear reflection of the unit coordinators ability to teach the content. I value it all, well done!

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Feedback from SUTE.**Feedback**

A big thank you to Shunil for being so caring and understanding towards students personal circumstances and struggles during this term. His kindness was a defining factor for me continuing with my study. Thank you for reflecting your respect for resilience in real life, it was very appreciated.

Recommendation

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Feedback from SUTE.**Feedback**

Thankyou for a wonderful term, I really enjoyed this subject with wonderful lecturers.

Recommendation

Unit Coordinators will update unit content, aligned learning activities and assessments one, two and three to incorporate contemporary literature. Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused, and culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the learning outcomes and aligned requirements within unit assessments one, two and three.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.

This information will be available on Monday 12 January 2026

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.

This information will be available on Monday 12 January 2026

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.

This information will be available on Monday 16 February 2026

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.

This unit profile has not yet been finalised.