

## **Philosophy**

The philosophy of the Faculty of Nursing at the University of Windsor and Collaborative Nursing Program is outlined in the following statements about our beliefs relative to health, individuals, nursing, learning, teaching, and environments:

### **Health**

Health is a dynamic process whereby the individual, family, or group is able to realize aspirations, satisfy needs, and change or cope with the environment. Health is a resource for everyday life. It is a positive concept emphasizing social and personal resources as well as physical capacity. Health is the goal of all nursing behaviours.

### **Individuals**

Individuals are unique holistic persons with inherent dignity and are worthy of respect and care. Individuals have freedom of choice and are accountable for these choices. Individuals are capable of entering reciprocal caring relationships, which foster health, growth, and self-actualization.

### **Nursing**

Nursing is a humanistic, caring process, the goal of which is to help individuals, families, groups, and communities achieve and maintain an optimal level of health consistent with their abilities and desires. Nurses, in collaboration with members of the health team and other service providers, build on strengths and address health variations to facilitate client maturation and adaptation.

### **Learning/Teaching**

Learning is an individualized activity and involves learners' personal goals, perceptions and unique learning style. Learning is goal-oriented and an active, life-long process of change and development. Teaching is a facilitative process through which learners are guided and supported. It involves communication, clearly defined goals, appropriate learning activities and a climate conducive to growth. The curriculum is multi-disciplinary and aims to provide the learners with opportunities for intellectual and professional development.

### **Environments**

Environments are milieus within which individuals, families, groups, and communities strive to achieve optimal health. As human beings attempt to mature and adapt within their environments, there are dynamic interactions which can serve as a source of growth. Environments encompass psycho-social, cultural, religious, political, economic, and physical contexts which impact upon the efforts of all.