



**Welcome to NUR 80 Winter 2025! We are excited and looking forward to meeting you all!**

### Basic Course Information

Semester:	<b>Winter 2025</b>	Instructor Name:	<b>Cristal Ramirez MSN-NED, RN, CNE</b>
Course Title & #:	<b>Introduction to Nursing</b>	Email:	<b>cristal.mora@imperial.edu</b>
CRN #:	<b>15001</b>	Webpage (optional):	
Classroom:	<b>2110</b>	Office #:	<b>2150</b>
Class Dates:	<b>M,T,W,Th, F</b>	Office Hours:	<b>Mondays 7-8am, Tues, Wed, Thurs 4-5pm. Please email me for an appointment</b>
Class Days:	<b>9</b>	Office Phone #:	<b>Office 760-355 -6345. Use Pronto to message me</b>
Class Times:	<b>0800-1:00pm</b>	Emergency Contact:	<b>Analisa Veliz Nursing Secretary 760 355-6348</b>
Units:	<b>1.5</b>	Class Format:	<b>Face to face/On campus</b>

**\*\*\*\*The Last Day to Drop With a "W" is January 10<sup>th</sup>, 2025\*\*\*\***

### Course Description

NURS 80 is a nursing course that introduces nursing and the study of nursing, including the roles of the registered nurse, as well as profession-related and patient care concepts. Differentiation is made between the role of the health aide, vocational nurse, and registered nurse. The student will become familiar with the expectations and realities of becoming a student nurse. Utilizing a variety of topics, activities, examinations, and general information, this course is designed to assist the student in developing strategies for success in the nursing program. The focus will be on developing critical thinking, problem-solving, and clinical judgment skills. Emphasis is placed on the knowledge and skills needed to provide safe, quality care. The theoretical foundation for basic assessment and nursing skills is presented, and the student is given an opportunity to demonstrate these basic skills in a clinical laboratory setting. The philosophy, conceptual framework, objectives, guidelines, and policies of the nursing program and the role of the student in developing accountability, integrity, and meeting the standards of academic and clinical conduct will be affirmed.

### Course Prerequisite(s) and/or Co-requisite(s)

The course pre-requisite is the acceptance to the ADRN Program

### Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Identify strategies for personal and academic success in the Imperial Valley College Associate Degree Nursing program. (IL03).
2. Demonstrate respect and sensitivity for the professional role through appropriate behavior, being prompt for clinical experience, meetings, learning activities, class, and assignment deadlines.
3. Identify reasons for dismissal from the ADRN program.



## Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Identify factors that promote or inhibit success in the ADRN program.
2. State changes needed in one's personal life to meet the challenges and demands of the ADRN program.
3. Identify activities designed to meet the challenges and demands to be successful in the ADRN program, including time management and study skills.
4. Develop critical thinking, problem-solving, and clinical judgment skills at the basic level.
5. Achieve a 92% on Math Examinations, and complete tests within the given time frame.
6. Recognize that the format for all written work in the ADRN program is APA. Familiarize yourself with the APA format.
7. Educate yourself on available financial resources, i.e., scholarships, and financial aid.
8. Develop a plan for financial management while in the ADRN program.
9. Discuss the risks of employment while in the ADRN program.
10. Apply and analyze the information in the ADRN Student Handbook.
11. Review and discuss the parameters of the ANA Code of Ethics and pertinent ethical and legal concepts.
12. Discuss the role of the student nurse and the scope of nursing practice related to the established code of ethics, nurse practice acts, and professional registrations/ certifications.
13. Discuss reasons for dismissal from the ADRN program: unprofessional conduct, cheating, HIPAA violations.
14. Demonstrate basic nursing skills using proper techniques and measures that ensure patient safety: 60-second assessments, infection control, hand washing, vital signs, patient safety, positioning patients in bed, transferring patients and utilizing proper body mechanics.
15. Explain the principles and underlying concepts for the identified basic nursing skills.

## Textbooks & Other Resources or Links

The student is not required to purchase these textbooks; they are for reference only.

### Recommended Software:

It is highly recommended that nursing students purchase the ATI software as soon as possible. See Analisa Veliz for information on ATI software package.

- ATI Nursing education. [www.atitesting.com](http://www.atitesting.com)

### Recommended Books:

- Anatomy and Physiology Workbook
- Dosage Calculation 360
- Student Workbook Calculating Dosages Online
- Anatomy & Pathophysiology Made Incredibly Easy. (Current edition). Lippincott William & Wilkins. Wolters Kluwer.
- American Psychological Association (7th edition). Publication Manual of the American Psychological Association. Lippincott, Williams & Wilkins. ISBN: 1433805618
- Ehrlich, Ann. (current addition) Medical Terminology for Health Professionals-with CD and Flashcards. 7th. Delmar Publication. ISBN: 1111543275.
- Elliot, Natalie. How To Be A Successful Nursing Student. Elsevier. ISBN: 978-0-323-88179
- McCoy, L.K., Mason, J. (3<sup>rd</sup> Edition). Student Success for HealthCare Professionals: Simplified. Jones & Bartlett Learning. ISBN 9781975114459
- Venes, Donald. (Current edition). Taber's Cyclopedic Medical Dictionary Index. F. A. Davis. ISBN: 0803615590.

### Websites:

- ATI Nursing education. [www.atitesting.com](http://www.atitesting.com)
- The Point. Student book resources. <http://thepoint.lww.com/student>
- California Board of Registered Nursing. <http://www.rn.ca.gov/>



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- National Council of State Boards of Nursing. <https://www.ncsbn.org/index.htm>
- American Psychology Association. <https://apastyle.apa.org/>
- OWL //Purdue Writing Lab <https://owl.purdue.edu>
- Imperial Valley College Writing lab
- Imperial Valley College Study Skills Center/LINC workshops

Other links:

- Khan Academy Video [www.khanacademy.org](http://www.khanacademy.org)
- RegisteredNurseRN.com. YouTube Channel [www.registerednurse.com](http://www.registerednurse.com)
- Simple Nursing YouTube [www.simplenursing.com](http://www.simplenursing.com)
- Keith RN YouTube Channel [www.keithrn.com](http://www.keithrn.com)

## Course Requirements and Instructional Methods

### Admission to the Associate Degree Nursing Program.

Instructional Methods:

- Audiovisual (Movies and Video)
- Computer Assisted Instruction
- Demonstration /Return demo
- Individual or group discussion
- Written assignments
- Lecture

**Out-of-Class Assignments:** The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over a semester. WASC has adopted a similar requirement.

## Course Grading Based on Course Objectives

### Pass/No Pass

To receive a “Pass” grade, students must complete all the following Nur 80 Assignments, Dosage Calculation Assessments & Final Exam, an NUR 80 Skills Check offs.

## Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

## Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your



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instructor or the area dean for assistance. If you have specific accommodations through *DSPS*, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials. A copy of your accommodation documentation must be provided each semester to your course nursing instructor and on file in the Nursing office

## Student Rights and Responsibilities/Conduct & Civility/Course Policies

### Student Rights & Responsibilities

Students have the right to experience a positive learning environment and to due process of law. Please refer to the IVC General Catalog for more information regarding student rights and responsibilities.

### Conduct & Civility

Students are expected to adhere to the accepted standards of Student Conduct and the regulations adopted by the college. Academic misconduct includes but is not limited to, cheating in any form, plagiarism, and behavioral misconduct. Civility is treating others and ourselves with respect, dignity, and care. Civility is evident when we are sensitive to the impact of our communications, practices, and behaviors on others in our communities. Incivility includes all forms of misconduct, disrespect, or disregard for instruction, the instructor, or a fellow student. The American Nurses Association Code of Ethics requires nurses to treat their colleagues, students, and patients with dignity and respect. It does not tolerate harassment, disrespect, or threatening action. Nursing students are expected to promote self-accountability for their actions and to foster cultures of civility and a high standard of civil, respectful, and professional conduct in all academic and clinical interactions. Violations are subject to student disciplinary actions, including but not limited to a student's removal, suspension, or expulsion.

### Education Code Section 76034, IVC Code of Student Conduct, and the RN Program Code of Academic and Clinical Conduct

#### Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of a class will be dropped by the instructor as of the first official meeting of that class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Students who are late for class three times for NUR 80 will be considered absent for one day. Class includes lectures, clinical, and skills labs.
- NUR 80 Winter 2025 is a fast-paced course and only meets for 9 consecutive days. Regular attendance is expected of all students. Missing more than 1 day of class may be considered for dismissal from the course. Please inform me of any emergency circumstances.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.
- Students actively enrolled in the Imperial Valley College Associate Degree Nursing Program must attend all classes and clinical practice assignments. Absences will be limited to the maximum allowable number of hours absent. A student who reaches the maximum allowable number of hours absent will meet with the teaching team to discuss the situation and may be dropped if occurs before drop date; dismissal if situation occurs after drop date.

#### Face-to-Face Classroom/Clinical/Lab Practice Etiquette

Students must always follow the IVC nursing student code of conduct and professional behavior outlined in the RN student handbook when face to face, lab practice, and clinical setting. Out of compliance with these standards and guidelines are subject to placement on a behavioral contract.

- **Electronic devices:** Cell phones and electronic devices must be turned off and put away during class unless

otherwise directed by the instructor.

- **Food and Drink** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additionally, restrictions will apply in labs. Please comply as directed by the instructor.
- **Disruptive Students:** Students who disrupt or interfere with a class are out compliance with the student code of conduct and unprofessional behavior outline in the RN student handbook. The student or students may be sent out of the classroom/lab/clinical and will meet with the nursing instructor(s) or team and Assistant Dean of Nursing. Disciplinary procedures will be followed as outlined in the RN student and handbook.
- **Children in the classroom:** Due to college rules and state laws, only students enrolled in the class may attend. Children are not allowed.
- **Recording Devices:** Students MAY NOT use recording devices unless documented on the DSPS accommodation sheet. If it is documented, the recording device must be placed on the table or podium in front of the instructor at the beginning of class.

### Online Netiquette

What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.

- Always follow the IVC nursing student code of conduct, professional behavior, and social media guidelines and policies outlined in the RN student handbook.

#### A. Guidelines when texting or emailing IVC staff, nursing faculty, nursing tutors, and classmates:

Students are to comply with the following rules of netiquette:

1. Identify yourself. Greet your contact properly. Always use formal titles (i.e “Dear Mrs. Ramirez,” Hello, Mrs. Anderson,”).
2. Include a subject line
3. Be polite. Avoid sarcasm. Always remember to say “please” and “thank you” as necessary
4. Respect others’ opinions and privacy
5. Acknowledge and return messages promptly,
6. Copy with caution
7. Do not spam or junk mail
8. Be concise, positive and friendly
9. Use appropriate language
10. Use appropriate emotions (emotional icons) to help convey meaning
11. Use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!)].
12. Proofread your email before sending it.

### Academic Honesty

Academic honesty is fundamental to the mission of our nursing program and essential to the development of professional ethical standards. This policy aims to promote honesty, trust, respect, among students and faculty in all academic endeavors. Students are expected to demonstrate academic integrity in all coursework, including written assignments, exams, clinical practice, and collaboration. Upholding academic honesty is not just about following rules; it reflects the core values of the nursing profession that emphasize integrity, accountability and ethical responsibility in patient care.

#### Definitions:

- **Academic Dishonesty:** An action that misrepresents a student's academic work or contributions, including but not limited to plagiarism, cheating, falsification of records, and unauthorized collaboration.
- **Plagiarism:** The unauthorized use of close imitation of another author's language, ideas, or work and representing them as them as one's own.
- **Cheating:** Any attempts to gain an unfair advantage in academic work, including the use of unauthorized



materials, aids or information material found in Studocu, Chegg Study, Course Hero, Quizlet used during exams, individual, class, group or out of class assignments.

Acts of cheating include but are not limited to the following: (a) copying or attempting to copy from others during an examination or on an assignment (in class or on line assignments); (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using proxy test-takers for assessments, messaging apps, virtual machine software.

**Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation on file.**

### **Responsibilities of IVC Nursing Students**

IVC Nursing students are expected to:

- Familiarize themselves with and adhere to this academic policy.
- Complete their own work and demonstrate their understanding of the material.
- Cite all sources and resources responsibly in APA 7th edition.
- Keep your Canvas, ATI, clinical site, IVC student email passwords confidential. Never allow someone else to log in to your account.
- Report a known instances of academic dishonesty to the instructor.
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**\*NOTE: IVC RN student handbook guidelines and policies on academic dishonesty supersedes the IVC General Catalog policies.**

### **Consequences of Academic Dishonesty**

Violations of academically dishonest policy may result in disciplinary measures, including but not limited to:

1. A failing grade for the assignment or course.
2. A formal academic misconduct report
3. Subject to dismissal from the IVC Nursing program.

## **Other Course Information**

### **Disabled Student Programs and Services (DSPS)**

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services \(DSP&S\)](#) office as soon as possible—the DSP&S office telephone 760-355-6313. Don't hesitate to get in touch with them if you feel you need to be evaluated for educational accommodations.

## **Financial Aid**

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at [finaid@imperial.edu](mailto:finaid@imperial.edu).

## **IVC Student Resources**

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.





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## Anticipated Class Schedule/Calendar

**RN Nursing 80 – Winter 2025 January 2-January 14<sup>th</sup>, 2025**

**Daily Schedule:** Schedule subject to change without prior notice

### Day 1 Thursday, January 2<sup>nd</sup>, 2025, Learning Schedule

#### The Start

Congratulations Nursing Cohort 0626 & Warm Welcome to all!

-Let's get to know each other

#### Orientation to Nursing Program:

- Review NUR 80 Syllabus and Class Norms & Expectations
- Intro to Student Handbook, Philosophy, Mission & Vision
- Professionalism
- Keith RN Values Every Nurse Must Possess
- IVC Nursing dress code policy
- HIPAA / social media/legalities
- Civility and Respect, Nursing Students Gone Wild!
- Analyse Garcia IVC Financial Aid (We be here Jan. 7<sup>th</sup> at 9am)

Skills: Nursing building tour, NLC, learning classroom, Skills/SIM labs, Handwashing & Donning & Doffing PPE, 60 Second Assessment, Nurse/client introductions, & identifying the client.

Homework:

- Social media /Student Code of Conduct/Verification of RN Handbook Forms them tomorrow!
- Review HIPAA, confidentiality, professionalism, Nursing Legal & Ethical Issues, RN student handbook & policies, Quiz tomorrow!
- Complete the VARK assessment & submit it via CANVAS due today 11pm
- Submit New Student Acknowledgement forms: Student Handbook, social media due tomorrow
- Practice basic arithmetic (addition, subtraction, multiplication, dividing, solving fractions)
- (optional) Print out and have the Student Workbook Calculating Dosages & have it bound at Staples.
- Dosage Calculation Assessment #1 tomorrow

### Day 2 Friday, January 3<sup>rd</sup>, 2025, Learning Schedule

- NUR 80 Syllabus/RN Handbook & policies Quiz
- Medication Math Assessment #1 (25 questions & timed) No calculators!

#### How to Succeed in Nursing School:

- Review essentials to prepare for 1st semester: Review basic math, med math, A&P, medical terminology
- VARK Assessment discussion- What kind of learner are you?
- Time management & priority setting, family preparations, study skills
- Infection Control & Medical Asepsis Intro & Handwashing, patient introductions & Id patient, 60 second Assessment.
- IVC NLC Tutor Schedule (TBA) Jessica Anderson & Diana Hool.

Skills: Skill Demo-Handwashing & Donning & Doffing PPE, 60 Second Assessment, Nurse/client introductions, & Identifying clients, providing privacy, performing 60-second assessment. Vital Signs lecture, Vital Signs (T/BP/R/P Pain).

- Complete Patient Introduction Script
- Review skills (handwashing, donning and doffing PPE, introduction to clients, identifying clients.
- Review vital signs (temperature, respirations, pulse, blood pressure, and assessing pain scale. Videos can be found in [Nursing Reference Center Plus](#). and in the IVC library.

Homework: -Work on Hello, It's Me: New Nursing Student Presentation PowerPoint presentations (5-10 slides). The assignment found in CANVAS. **Presentations will start Monday, January 6th, 2025.**

- (Optional) Watch the "Nurse I Am Video" for Free. The link is in Canvas. A useful resource for Hello, It's Me: New Nursing Student Presentation.
- Practice basic arithmetic (addition, subtraction, multiplication, dividing, solving fractions) & dosage questions a minimum of 15-25 questions. **TIME YOURSELVES.**
- Remember to use all available resources. Medication math resources found in CANVAS. Reach out to NLC tutor or embedded med math tutor.

### **Day 3 Monday, January 6<sup>th</sup> Learning Schedule**

- Motivational Posters/ PowerPoint Presentations. Be ready to present!**
- "Err is to Human" Video (Homework writing assignment for this video)
- Infection Control & Medical Asepsis
- CDC, WHO, and DHS website resources
- National Patient Safety Goals
- Infection Control Measures & Disposing of infectious material CDC: Donning & Doffing PPE

Skill: Handwashing & Donning & Doffing PPE, 60 Second Assessment, Nurse/client introductions, & Identifying client, Performing 60-second assessment. Vital Signs lecture, Vital Signs (T/BP/R/P & Pain)

Homework: -Practice Med Math Questions (minimum of 15-25 questions). **TIME YOURSELVES!** Remember to use all resources, including medication math resources found in CANVAS. Reach out to NLC Tutors/ medication math embedded tutor

### **Day 4 Tuesday, January 7<sup>th</sup> Learning Schedule**

- Review Anatomy & physiology, medical terminology, writing skills, APA 7th
- Intro to ATI / Taylor's Videos
- Family Preparations
- Intro to textbooks
- Mrs. Bravo (Nursing Fundamentals) & Julie Kunath (Pharm I) (TBA)
- Lupita Castro (IVC Mental Health & Resources (TBA)
- Student Physicals (IVC Student Health Nurse)-Clearance packets and due dates

Skills: Handwashing & Donning & Doffing PPE, 60 Second Assessment, Nurse/client introductions, & Identifying client, Performing 60-second assessment. Schedule practice time with Mrs. Anderson NLC tutor.

Homework: "Err is to Human" (Writing assignment for this video. See Canvas, remember all Nursing writing assignments are in (APA 7th format).

- Practice skills: Handwashing & Donning & Doffing PPE, 60 Second Assessment, Nurse/client introductions, & Identifying clients, Performing a 60-second assessment. Vital Signs lecture, Vital Signs (T/BP/R/P & Pain). (Check-off starts Wednesday, January 8<sup>th</sup>)
- Practice Med Math Questions minimum of 15-25mins-Use your med math book
- (Download NCSBN & NCLEX RN test plan)

### **Day 5 January 8<sup>th</sup> Wednesday Learning Schedule**

- Hello, It's Me: PowerPoint Presentations. Be ready to present!
- Critical Thinking/Clinical Judgement/Nursing Process (short overview)
- Test Taking Techniques
- NCSBN & NCLEX RN test plan & client needs categories & NEXTGEN.
- Dosage Calculation Assessment #2





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Skills: Body Mechanics / Moving / Transferring Lecture.

\*Skills Checkoffs with Mrs. Ramirez/ Mrs. Anderson. (5 skills, 10-15 minutes, time cap) Be ready!

**Homework:** - Practice Med Math Questions (minimum of 15-25).

-If not checked off or need to be remediated: Practice skills (60-second assessment, handwashing, donning and doffing PPE, introduction to clients, identifying clients, and vital signs).

-Utilize NLC tutors (Dr. Jessica Anderson) for skill practice

#### **Day 6 January 9th Thursday Learning Schedule**

- Analyse Garcia IVC Financial Aid (We be here Jan. 7<sup>th</sup> at 9am)

- Critical thinking/Clinical judgment/Nursing Process quiz

-Test Taking Techniques & ATI (part 2)

-Anatomy & Physiology Review

-Medical terminology review and practice

-APA 7th edition format

\*Skills Check-Off Schedule (5 skills, 10-15 minutes, time cap) Be ready!!

**Homework:** - Practice Med Math Questions with a minimum of 15-25. (Time yourselves!)

-Review test-taking skills- ATI

-Take the Medical terminology Kahoot knowledge check & Review Medical terminology terms

-If not checked off or need to be remediated: Practice skills (60-second assessment, handwashing, donning and doffing PPE, introduction to clients, identifying clients, and vital signs).

-Utilize NLC tutors (Dr. Jessica Anderson) for skill practice

#### **Day 7 January 10th Friday Learning Schedule**

- Dosage Calculation Assessment #3

-Intro to Clinical Simulations (TBA) Rebecca

-Medical terminology review and practice

-In-class writing assignment for Nursing Scholarships. Mrs. Ramirez will individually assign. Nursing Scholarships Click on the link to view types of scholarships.

\*Skills Check-Off (5 skills, 10-15 minutes, time cap) Be ready!!

**Homework:** - Practice Med Math Questions with a minimum of 15-25. (Time yourselves!)

-Review test-taking skills

-Take the Medical terminology Kahoot knowledge check & Review Medical terminology terms

#### **Day 8 Monday, January 13th Learning Schedule**

- Roundtable with IVC nursing students

-Mentor/Mentee assignments

- Final Dosage Calculation exam (Must pass with a 92% or higher).

- APA Review and Quiz

\*Skills: Skills Check-Off (5 skills, 10-15 minutes, time cap) Be ready!!

#### **Day 9 Tuesday, January 14<sup>th</sup> Learning Schedule**

-SDSU dual enrollment Guest speaker (TBA)

- Bring your Family Day and tour 10 am-11 am

-Complete all clearances for nursing per Analisa Veliz deadline.

-Closing comments



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*Congratulations Everyone! You've completed NUR 80!*

Dear Cohort 1226,

As you embark on your exciting journey as a new nursing students, it's time to start thinking and acting like the amazing nurses you aspire to be! Embracing lifelong learning is at the heart of our profession, and it's essential to continuously update our knowledge and skills to provide the best care possible.

With that said, I encourage you to commit yourself to practicing and reviewing the NUR 80 skills, including handwashing, nurse/client introductions, identifying clients, 60-second assessment, donning and doffing PPE, and taking vital signs. In addition, continuing to practice and review dosage calculation and anatomy & pathophysiology will serve you well as you prepare for the expectations of NUR 107.

This is a fantastic opportunity to make the most of your time, learn from one another, and truly shine as part of Cohort 1226. You've got this, and we believe in each of you!

Wishing you all the best on this journey!