

**NURS 3307-110, CRN# 60018, Health Assessment
Fall 2021**
Texas A&M University-Central Texas

COURSE DATES, MODALITY, AND LOCATION

August 23 to October 15, 2021

Mode of Instruction and course access:

This is a 100% online course, and uses the A&M-Central Texas Canvas Learning Management System [https://tamuct.instructure.com/].

You will also use the Shadow Health Virtual patient program you purchased. The course pin for this semester is 8427-7283-6161-3562

INSTRUCTOR AND CONTACT INFORMATION

Instructor Amy Mersiovsky, DNP, RN, PED-BC

Office: Heritage Hall, Room 302A

Phone: 254-519-5487

Email: Canvas inbox is the preferred method for communication for course-related communications. Secondary email: a.mersiovsky@tamuct.edu

Office Hours

Please contact the professor for a virtual or phone appointment at least 24 hours in advance. After business hour appointments may be arranged due to student need.

Student-instructor interaction

The Canvas announcements page is used to send information that pertains to all students. It is strongly suggested that you adjust your Canvas settings to receive announcements in your email account or check announcements daily Monday-Friday. The professor will reply to all emails within 24 hours Monday-Friday. Please check your university email frequently for updates.

WARRIOR SHIELD

Emergency Warning System for Texas A&M University-Central Texas

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by [911Cellular](https://www.tamuct.edu/police/911cellular.html) [https://www.tamuct.edu/police/911cellular.html] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

COURSE INFORMATION

Course Overview and description

This Health Assessment Course introduces the concepts and techniques of health and cultural assessment of individuals and families across the life span, for use with the nursing process. Emphasis is on history/data collection and critical analysis in situations of health and deviations from health. Twenty (20) hours of practical experiences enable students the practice of clinical assessment skills, analysis, and decision-making for nursing practice. Pre- or co-requisite: NURS 3300 (3)

We will be using the Shadow Health Digital Clinical Experience (DCE) software to practice and complete an adult history and physical assessment. Below are some resources for your support. You will purchase this product, much

like a text book. You may get it from our bookstore and receive an access code to enter when you register on the Shadow Health web site, or enter payment at that time with a credit card number.

- Shadow Health Website: <http://app.shadowhealth.com/>
- Link to Shadow Health Support: <http://support.shadowhealth.com>
- Course registration PIN for Students: **8427-7283-6161-3562**

Course Objective or Goal

By the end of this course the student will be able to demonstrate a physical assessment using designated criteria and document the results.

Student Learning Outcomes

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Critically appraise data discovered during the health history and physical examination of individuals to identify degrees of wellness and real or potential problems.
3. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.
4. Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.
5. Demonstrate proficient nursing skills in conducting a holistic health history and the comprehensive physical assessment of the well individual with a focus on changes that occur throughout the life of an individual due to the aging process.

Competency Goals Statements: from The Essentials of Baccalaureate Education for Professional Nursing Practice, American Association of Colleges of Nursing (2008).

Essential I: Liberal Education as the Basis for Clinical Decision Making
Essential VII: Clinical Prevention and Population Health
Essential IX: Baccalaureate Generalist Nursing Practice

Required Reading and Textbook(s)

There is no required textbook for this course. Any Health Assessment reference material may be utilized as review. Library resources for health assessment are embedded into the Canvas Course modules.

- NURS 3307 Health Assessment
- eBook: Nursing Health Assessment: The Foundation of Clinical Practice
- https://tamuct.libguides.com/er.php?course_id=77761

We will be using the Shadow Health Digital Clinical Experience (DCE) software to practice and complete an adult history and physical assessment. Below are some resources for your support. You will purchase this product, much like a text book. You may get it from our bookstore and receive an access code to enter when you register on the Shadow Health web site, or enter payment at that time with a credit card number.

Shadow Health Digital Clinical Experience (DCE) software: <http://app.shadowhealth.com/>
Course Pin: **8427-7283-6161-3562**

COURSE REQUIREMENTS

Students have the Option of “Flexible Turn In” for Assignments in Shadow Health. This allows you to determine which attempt you would like to submit for grading. Instructions on how to turn in an attempt are located at: <https://support.shadowhealth.com/hc/en-us/articles/360004578773>

Assignment	Post-Exam Activities (general estimated total time at 60 min)	Grade
DCE Orientation	n/a	Complete/incomplete
Conversation Concept Lab	n/a	10 points
Health History	Information Processing, Hallway, and Self-Reflection	100 points
HEENT	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Respiratory Concept Lab	n/a	10 points
Respiratory	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Cardiovascular Concept Lab	n/a	10 points
Cardiovascular	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Abdominal Concept Lab	n/a	10 points
Abdominal	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Musculoskeletal	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Neurological	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Skin, Hair, and Nails	Hallway, Lifespan, Review Questions, and Self-Reflection	100 points
Comprehensive Assessment	One time attempt only	150 points

Assignments:

Module 1:

Complete the Shadow Health (SH) Orientation (Complete/Incomplete)

Assignment 1 (10 points)

In Shadow Health (SH) complete the Conversation Concept Lab.

Associated student learning outcomes:

1. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Assignment 2 (100 points)

In SH complete a Health History including documentation on an adult.

Associated student learning outcomes:

1. Critically appraise data discovered during the health history and physical examination of individuals to identify degrees of wellness and real or potential problems.

2. Demonstrate proficient nursing skills in conducting a holistic health history and the comprehensive physical assessment of the well individual with a focus on changes that occur throughout the life of an individual due to the aging process.

Module 2:

Assignment 3 (100 points)

In SH, complete a Skin, Hair & Nails assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Assignment 4 (100 points)

In SH, complete an assessment of the Head, Eye, Ears, Nose and Throat of an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Module 3

Assignment 5 (10 points)

In SH, practice the skills in the Respiratory Concept Lab

Associated student learning outcomes:

Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

Assignment 6 (100 points)

In SH, Complete a respiratory assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Module 4

Assignment 7 (10 points)

In SH, practice the skills in the Cardiovascular Concept Lab

Associated student learning outcomes:

1. Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

Assignment 8 (100 points)

In SH, complete a cardiovascular assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Module 5

Assignment 9 (10 points)

In SH, practice the skills in the Abdominal concept Lab

Associated student learning outcomes:

1. Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

Assignment 10 (100 points)

In SH, complete an abdominal assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Module 6

Assignment 11 (100 points)

In SH, complete an Musculoskeletal assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Assignment 12 (100 points)

In SH, complete an Neurological assessment on an adult.

Associated student learning outcomes:

1. Apply critical thinking skills, information technologies, and therapeutic communication skills to conduct holistic assessments of individuals across the lifespan.
2. Recognize how the health of individuals is affected by various factors, such as, culture, race, religion, gender, sexual orientation, lifestyle, socio-economic, and age.

Module 7

Final Physical Assessment of an adult (150 points)

30% of your final grade. Must pass demonstration to pass the course. No late final assessment will be considered. **Only one attempt allowed**

**** Time Log must be submitted for final grade release, if not submitted in time, an IP will be recorded as a final grade. The log is a required clinical form for course credit.**

Reflection Paper (10 points):

The student will write a 1-2 page reflection paper discussing how the health assessment course will change their nursing practice.

Criteria For Evaluation	Points Possible	Points Possible	Points Possible	Total
The student nurse will describe how the health assessment course will change their nursing practice.	7	5	3	10
	The student nurse will describe how the health assessment course will change their nursing practice.	The reflection paper is vague and complete thoughts regarding how practice will be changed are not developed.	The reflection paper is vague and complete thoughts regarding how practice will be changed are not developed.	
Criteria For Evaluation	Points Possible	Points Possible	Points Possible	
Use correct APA format	3	2		
Spelling/Grammar	Use correct APA format	Minor APA or grammar errors	Major APA, grammar, or spelling errors.	

No cover page or references required				
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Associated student learning outcomes:

1. Demonstrate proficient nursing skills in conducting a holistic health history and the comprehensive physical assessment of the well individual with a focus on changes that occur throughout the life of an individual due to the aging process.
2. Examine the role and responsibilities of evidenced-based professional nursing practice as they relate to the processes of health assessment and health promotion.

Grading Criteria Rubric and Conversion

A=900-1000 points

B=800-899 points

C=700-799 points

D=600-699 points

F=599 or below

*Note, grade of 700 (70%) or higher required to pass all nursing courses

Posting of Grades

The grade from the submission selected in Shadow Health will be transcribed into the Canvas gradebook within one week of assignment completion.

Grading Policies

The Operation of the Online Course and Being an Online Student

Online learning requires students to be very self-disciplined. For this course, Monday will be considered the first class day. Initial discussion board postings are due on Thursday of the appropriate week with responses due by the following Sunday at 2355. All other assignments such as quizzes and written work will be due by midnight (2355) on Sunday of that module week. Ten percent will be taken off for each day for late submissions and will not be accepted after three days.

Statement on Late Assignments.

Assignments are due on the date and time outlined in the course schedule and syllabus. A 10% deduction will be taken for each day an assignment is past the due date. After three days (72 hours), a grade of 0 will be entered into the gradebook for that assignment. This includes all quizzes, discussion boards, and any other written work in the course. Exceptions will be granted at faculty discretion and only if arrangements were made prior to the due date.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

ACTIVITY	DUE DATE (ALL ASSIGNMENTS DUE AT 11:55 PM CST)	POSSIBLE POINTS
DCE Orientation Conversational Lab	8/29/2021	Complete/incomplete 10
Health History	8/29/2021	100
DCE-Skin, Hair, Nails	9/5/2021	100
DCE – HEENT	9/5/2021	100

Concept lab-respiratory	9/12/2021	10
DCE-Respiratory	9/12/2021	100
Concept lab-cardiovascular	9/19/2021	10
DCE-Cardiovascular	9/19/2021	100
Concept lab-abdominal	9/26/2021	10
DCE-Abdominal	9/26/2021	100
DCE-Musculoskeletal	10/3//2021	100
DCE-Neurological	10/3/2021	100
Final Assessment	10/10/2021	150
Time Log	10/10/2021	Complete/incomplete
Reflection	10/10/2021	10
Course Evaluation		0

Important University Dates

http://catalog.tamuct.edu/undergraduate_catalog/general-information/academic20calendars20and20final20exam20schedule/

TECHNOLOGY REQUIREMENTS AND SUPPORT

You need to include information about Technology Requirements and Support. In addition, include a statement on the technology requirements for the successful completion of the course and when applicable, information on how to access these resources (for example, how to obtain a certain software through University site license).

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Shadow Health

Shadow Health will be used for practice with the physical assessment skills and testing. Shadow Health works best with **Chrome** if you will be using the “Speech to Text” function. Canvas will also work well in FireFox and Chrome.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

Other Technology Support

For log-in problems, students should contact Help Desk Central

24 hours a day, 7 days a week

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[<https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity

Texas A&M University-Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the Student Conduct process](#), [<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may [submit a report](#), [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations, please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information, please visit our [Access & Inclusion](#) Canvas page (log-in required) [<https://tamuct.instructure.com/courses/717>]

Important information for Pregnant and/or Parenting Students

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more

information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html) [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing studentsuccess@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center

University Writing Center: Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University–Central Texas (A&M–Central Texas) is a free service open to all A&M–Central Texas students. For the Fall 2021 semester, the hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday in Warrior Hall 416 (with online tutoring available every hour as well) with satellite hours available online only Monday thru Thursday from 6:00-9:00 p.m. and Saturday 12:00-3:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via WC Online at <https://tamuct.mywconline.com/>. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor by making an appointment via WCOnline at <https://tamuct.mywconline.com/>. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

University Library

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 400,000 eBooks and 82,000 journals, in addition to the 96,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones,

webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index].

OPTIONAL POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [https://www.tamuct.edu/compliance/titleix.html].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/bit) website for more information [https://www.tamuct.edu/bit]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

OTHER POLICIES

Copyright Notice

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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