

**HOW AN ONLINE  
MSN DEGREE  
GIVES WORKING NURSES  
LONG-TERM, WORK-LIFE  
BALANCE**

  
**Spring Arbor**  
UNIVERSITY

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Are You Ready to Improve Work-Life Balance in Your Nursing Career?







# THE IMPORTANCE OF WORK-LIFE BALANCE FOR NURSES

Work-life balance is a significant consideration for full-time professionals. Housework, errands, family, friends, faith — how do you manage it all while pursuing a degree?

Nurses know how difficult balancing personal and career needs can increase stress, which can easily lead to negative outcomes over time.

For many working nurses, an online Master of Science in Nursing (MSN) degree with a Nurse Practitioner focus can:

- Provide a flexible learning environment that allows working nurses to earn their degrees at a pace that aligns with existing personal and professional needs.
- Open the door to a variety of new career paths that improve work-life balance for graduates in the long term.





FINDING THAT

# EQUILIBRIUM

REQUIRES CAREFUL THOUGHT & DELIBERATION

## THE UNIQUE **WORK-LIFE BALANCE PROBLEMS** NURSES FACE EVERY DAY

Nursing is a demanding field. RNs can face major roadblocks in developing a positive work-life balance. Double shifts, erratic scheduling and unplanned overtime are common — and they're all disruptions to daily life.

While nurses have a responsibility to help others through their work, they can still benefit from a more manageable work-life balance and a predictable schedule. Finding that equilibrium requires careful thought and deliberation.

A photograph of a woman with long dark hair and a young child with dark hair and bangs sitting at a desk. The woman is pointing at a laptop screen while the child looks on with interest. The background is a bright, slightly out-of-focus room with a window and a brick wall.

**MOST WORKING NURSES CAN'T PARTICIPATE IN CAMPUS LEARNING DUE TO THE DEMANDING NATURE OF THEIR SCHEDULES.**

Even for those with flexible employers, time to focus on family, friends and faith is limited. Nurses shouldn't be discouraged, however.

**AN ONLINE MSN DEGREE CAN HELP THEM ADVANCE THEIR CAREERS** IN A VARIETY OF WAYS.

This type of distance learning program takes the unique needs of the profession into account.



A photograph of several nurses in blue scrubs working at a computer. The image is partially obscured by a large white text overlay. A yellow curved line separates the top image from the bottom text area.

EFFECTIVE EDUCATIONAL

# OPPORTUNITIES

FOR WORKING NURSES

A strong, online MSN program encourages educational progress and career development through:

- An approach to online learning that doesn't require full-time involvement. Instead, students can **focus on a single course at a time** and advance at a manageable pace (exclusions may apply).
- The ability for nurses to **be on top of their own schedules** as much as possible, reserving time spent on family, faith and hobbies. Periods of downtime, days off, nights or early mornings can be devoted to studies.
- An emphasis on financially rewarding professional paths, like the nurse practitioner role. NPs **earn a median salary of \$107,460**, according to PayScale.com — as much as 60 percent more than registered nurses — which provides a long-term financial advantage.
- Allowing graduates to **secure a variety of senior positions** in clinics, doctor's offices, surgery centers and other facilities that have more regular hours. Although some NPs cover night shifts, there's greater opportunity to secure roles with a more manageable schedule.
- The **chance for autonomy**, depending on location. In some states, NPs don't need physician oversight. They can open and oversee their own practices, prescribe controlled substances and operate to the full extent of their training.

# A CURRICULUM DESIGNED UNIQUELY FOR WORKING NURSES


Spring Arbor University's (SAU) online MSN degree offers all of the benefits that make a digital learning experience valuable for today's nurses and does so in an environment that emphasizes Christian values and community. The approach of taking **one seven-week course at a time**, with breaks in between, is foundational to ensuring nurses can progress with minimal disruptions to their daily lives (exclusions may apply).

With the ability to focus their attention on a single course throughout the program, students can dive deeper into material without having to juggle multiple classes on top of unpredictable shifts. Additionally, **courses are asynchronous**, which means students do not have to log-in at specific times. This type of learning is tailor-made for students with full-time responsibilities outside of their education.

Uniquely designed for working nurses, the program allows students to earn their degree whether they work a standard Monday-Friday schedule, or have three or more 12-hour shifts during the week. With **just 15-20 hours of coursework each week**, nurses have flexibility to complete their degree.

**Just  
15-20 hours  
of coursework  
each week.**





# MULTIPLE START DATES

help students earn their MSN  
degrees at the best possible times

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SAU's online MSN degree offers multiple entry points to support busy nurse schedules. With multiple start dates throughout the year, nurses can advance their education on a timeline that aligns with their needs. Combined with the 7-1-7 model (one seven-week course at a time with one week off in between) this approach emphasizes nurses' unique time management needs.

With multiple start dates and a flexible, 7-1-7 coursework model, nurses can pursue degrees around their busy schedules.





# A CARING COMMUNITY ENCOURAGES STUDENTS

Students in SAU's online MSN program enjoy a high degree of support before and after they are admitted.

Online admissions representatives are available to answer questions and guide students through the application process. From the start of classes until graduation, a Student Success Coach provides support, encouragement and guidance. Engaged faculty and staff also provide a caring community as students complete each course.

Clinical support is another consideration within the MSN program, with the goal of leaving no nurse behind during preceptor placement. Nursing students build an educational foundation before beginning their clinicals in the second year. Students enjoy access to resources that help them build their professional networks and are supported by a clinical coordinator as they establish relationships with their nurse preceptors.

LET YOUR  
*faith*  
SHINE

SAU offers students a compassionate approach to learning and a faith-based community where connections between the tenets of Christianity — such as a commitment to helping others — and the nursing profession are emphasized.

“For me, having that Christian school that backs my faith and what I believe was very important.”

**Kayla Maxwell**  
*MSN/FNP Student*







HOW SAU'S ONLINE  
MSN DEGREE PROMOTES  
A FAITH-BASED

# COMMUNITY

Students are prepared to grow professionally, personally and spiritually as they are challenged to make ethical decisions in their daily lives, honor the work of Christ and promote high-quality patient care.

Along with caring faculty and staff, students enjoy opportunities to support each other online, as well as in person, through the residency component of the program. Nursing students have the opportunity to network with others, build character and strengthen their faith on an enriching educational journey.

**SAU'S ONLINE MSN DEGREE  
HAS STRONG PASS RATES  
FOR GRADUATES TAKING THE  
NECESSARY LICENSURE EXAMS –**

either the American Association of Nurse Practitioner exam or the American Nurses Credentialing Center exam. With first-time pass rates of 88 percent, and 100 percent for second-time test takers, graduates who devote time to exam preparation can be confident in their ability to gain professional licensure.

Through a rigorous curriculum and the support of caring faculty, students are prepared for real-world experiences where they can effectively apply theory and practice.

A clear path from graduation to licensure helps students achieve inspiring outcomes.

**INSPIRING  
OUTCOMES**

**facilitated by SAU's online MSN**




# HOW WORK-LIFE BALANCE IMPROVES THROUGH THE **MSN DEGREE & NP CAREER**

**Nurse practitioner is one of the most senior positions within the nursing profession. Some advantages to consider include:**

- NPs are often recognized as valuable by their employers and enjoy a significantly higher income than nursing professionals in other roles.
- NPs benefit from a wider range of job opportunities across the many types of medical facilities common in health care. Along with hospitals and clinics, physician's offices, ambulatory surgery centers and other sites offer NPs expanded opportunities.
- In many cases, these facilities operate on a 9-5 schedule, making it easier for NPs to achieve work-life balance, as well as enjoy greater independence as they move into leadership roles.





SAU's online MSN program offers flexibility and support, so students can earn their degrees while continuing to work. As MSN graduates gain experience in the field, they can advance into roles with more predictable schedules and continue to achieve greater work-life balance.



**U.S. News & World Report ranked NPs as No. 5 in its “100 Best Jobs” list for 2020.**

MSN graduates enjoy many benefits after credentialing is obtained, from increased independence and work-life balance to significantly higher salaries.





The decision to pursue higher education can be difficult, especially when coupled with hectic work schedules. SAU's online MSN program is uniquely designed to meet your needs as a working nurse. Your degree will not disrupt your commitment to your current job. It will help you grow professionally, personally and spiritually.

Enjoy an educational experience rooted in Christian ethics, while being supported by a caring community.

**ARE YOU READY TO  
IMPROVE WORK-LIFE  
BALANCE  
IN YOUR NURSING CAREER?**

To learn more, contact an online admissions representative today.

**844.621.0900**

**[admissions@learnonline.arbor.edu](mailto:admissions@learnonline.arbor.edu)**



# Spring Arbor

## UNIVERSITY

Spring Arbor University is a community of learners distinguished by our lifelong involvement in the study and application of the liberal arts, total commitment to Jesus Christ as the perspective for learning and critical participation in the contemporary world.



*online.arbor.edu*

844.621.0900