



Instruction on Calculation of Self-study Hours

A questionnaire was designed to investigate students' self-study hours for each course. The survey covered all enrolled students from the first to the fourth academic year. A total of 583 students participated, including 78 male students (13.38%) and 505 female students (86.62%); 208 first-year students (35.6%), 132 second-year students (22.64%), 165 third-year students (28.3%), and 78 fourth-year students (13.38%). The suggested self-study hours were obtained from course instructors. The self-study hours from students and instructors for each course are shown below:

Semester	Course	Contact Hours	Self-report Self-Study Hours	Suggestion from Instructors	Final Self-Study Hours	Total Hours
1	Military Theory	32	-	13	13	45
	The Fundamentals of Next Generation Information Technology	48	36.95	42	42	90
	Physical Education I	28	-	2	2	30
	Ideology Morality and the Rule of Law	42	33.37	18	18	60
	Situation and Policies	32	26.69	29	28	60
	Career Development and Planning	16	13.53	14	14	30
	College English I	56	45.45	64	64	120
	Human Anatomy	78	63.07	72	72	150
	Histology and Embryology	42	36.47	30	33	75
	Nursing Professional Guidance	7	6.65	8	8	15
	Military Skills	64	51.33	56	56	120
	Total for the 1st Semester	445			350	795



2	Elementary Course on College Students' Innovation and Entrepreneurship	16	12.55	15	14	30
	The Fundamental Principles of Marxism	48	35.26	12	12	60
	National Security Education	16	12.93	15	14	30
	Artificial Intelligence Technology with Python	48	33.69	42	42	90
	College English II	48	37.79	42	42	90
	Physical Education II	32	-	13	13	45
	Physiology	76	59.57	44	44	120
	Biochemistry	64	51.06	41	41	105
	Communication and Nursing Etiquette	24	18.49	6	6	30
	Fundamentals of Nursing I	72	57.90	63	63	135
	Introduction of Nursing Science	16	13.32	15	14	30
	Clerkship I	32	26.82	13	13	45
	Professional Skill Training I	16	13.79	14	14	30
	Public Elective Course 1	16	12.54	15	14	30
	Public Elective Course 2	16	12.57	15	14	30
	Total for the 2nd Semester	540			360	900
3	Physical Education III	32	-	13	13	45
	The Outline of Modern Chinese History	48	35.49	12	12	60
	Mental Health Education of College Student	32	24.22	13	13	45
	College English III	48	37.93	42	42	90
	Medical Immunology	32	27.19	28	28	60
	Pathogeny Biology	56	44.50	49	49	105
	Pathology	48	38.53	42	42	90
	Pathophysiology	32	28.20	28	28	60
	Fundamentals of Nursing II	72	78.65	78	78	150



	Clerkship II	32	26.91	13	13	45
	Professional Skill Training II	16	13.66	14	14	30
	Public Elective Course 3	16	12.86	15	14	30
	Public Elective Course 4	16	12.85	15	14	30
	Total for the 3rd Semester	480			360	840
4	The Outline of Mao Zedong Thought and the Theoretical System of Socialism with Chinese Characteristics	48	35.17	12	12	60
	College English IV	48	35.05	42	42	90
	Physical Education IV	32	-	13	13	45
	National History of the People's Republic of China	16	12.41	16	14	30
	Pharmacology	56	42.42	34	34	90
	Health Assessment	86	67.44	64	64	150
	Nursing Psychology	36	25.94	22	24	60
	Nursing Ethics	20	15.4	10	10	30
	Nursing Education	20	14.82	10	10	30
	Fundamentals of Nursing III	16	13.95	14	14	30
	Rehabilitative Nursing*	24	17.31	25	21	45
	Medical Statistics*	40	30.03	35	35	75
	Nursing Humanities and Care*	16	12.03	14	14	30
	Hospice Care*	16	11.17	14	14	30
	Nursing Esthetic*	20	12.65	10	10	30
	Clerkship III	32	37.97	13	13	45
	Public Elective Course 5	16	12.24	16	14	30
	Total for the 4th Semester	542			358	900



5	The Outline of Xi Jinping's Thought on Socialism with Chinese Characteristics in the New Era	48	33.08	12	12	60
	Medical Nursing I	86	64.3	64	64	150
	Surgical Nursing I	64	49.39	56	56	120
	Nursing of Traditional Medicine	24	18.05	24	21	45
	Nursing Administration	32	22.88	13	13	45
	Nursing Research	48	32.3	42	42	90
	Pediatric Nursing	58	36.84	27	32	90
	Gynecologic and Obstetric Nursing	64	46.99	35	41	105
	Psychiatric Nursing	28	20.05	14	17	45
	Methods of Field Survey*	20	12.27	10	10	30
	Clinical Nutrition*	30	28.7	15	15	45
	Otorhinolaryngological Nursing*	32	23.59	13	13	45
	Oral Nursing*	32	18.32	13	13	45
	Clerkship IV	32	24.87	13	13	45
	Total for the 5th Semester	598			362	960
6	Employment Guidance	12	9.41	3	3	15
	Labour Education	32	-	13	13	45
	Emergency and Critical Care Nursing	32	24.26	32	28	60
	Medical Nursing II	54	43.62	51	51	105
	Geriatric Nursing	32	25.9	30	28	60
	Surgical Nursing II	56	44.97	49	49	105
	Community Health Nursing	32	25.19	13	13	45
	Infection Nursing*	24	21.36	21	21	45
	Geriatric Chronic Disease Management*	16	12.19	14	14	30



	Nursing Informatics*	16	11.32	14	14	30
	Dermatological Nursing*	16	10.14	14	14	30
	Evidence-based Nursing*	16	10.32	14	14	30
	Nursing English*	40	25.63	14	20	60
	Professional Skill Training III	26	20.6	17	19	45
	Total for the 6th Semester	404			301	705
7-8	Internship	854	430.5	412	421	1275
	Quality Development	-	24.21	60	60	60
	Thesis	85	185.23	155	170	255
	Graduation Comprehensive Examination	8	52.27	52	52	60
	Total for the 7-8th Semester	947			703	1650

Drawing on the student survey and feedback from course instructors, the self-study hours of each course were defined considering tasks such as pre-class preparation, assignments, video viewing and revision.