



First Semester Success Strategies for Nursing Students

CCRI Tutoring Center

What to Expect

- It's normal to feel overwhelmed!
- Lots of books, studying and preparing for classes and clinical.
- Time commitment:
 - 40-45 hours per week during the semester.
 - includes lectures, clinical, studying and clinical preparation.
- If possible, do not work more than 20 hours per week.

Time Management & Self Management

- You don't "manage" time – there's always only 24 hours in a day!
- You can manage behaviors.
- Manage time and behaviors to accomplish goals:
 - Your short-term goal may be to successfully complete your classes for the semester
 - Your long-term goal may be to complete the nursing program
- Prioritize your goals and eliminate low priority goals and tasks.
- As appropriate, share your goals and time commitments with your family, friends, and workplace.

Self Care

- Prioritize good nutrition, adequate sleep and healthy movement
- When possible, delegate non-academic tasks to family
- Get used to not being able to “do it all” during the semester
- Plan for any anxiety issues before the semester starts, if possible
 - Counseling and Wellness office
 - Your primary care professional

How to study

- Study in small chunks of time – 45 minutes, then 10-minute break, for example
- Your main textbook will be the primary text you use
- Use the text to fill in the blanks from lectures, PowerPoints, and handouts
- Use a variety of study methods: reading, quizzes, videos, etc.

Preparing for your exams



Your exam questions are NCLEX style questions.

Case/Application based

Designed to encourage critical thinking

Impossible to answer using only memorization



You need to learn how to make the best decisions based on the information provided in the question.

Utilize CCRI Resources

Professor office hours – attend when you can to get support

[Nursing Department](#) – for clarification on policies

[Tutoring Center](#) – tutoring, academic coaching, and online resources

[Benefits Hub](#) – for food assistant, housing and utilities needs, mental and physical health concerns, childcare and parenting resources, and more.

[Personal Counseling and Wellness](#) – support for your emotional health

Get a head start with an Academic Coach!

- The Tutoring Center's Academic Coaches will help you to:
 - Develop a weekly schedule for the semester
 - Get organized and prepared for class
 - Discover study strategies that you'll need for your nursing classes
- Coaches are on all campuses and can meet on Zoom as well
- To schedule:
 - Use Starfish
 - Call or visit your campus's Tutoring Center
 - Email tutoring@ccri.edu