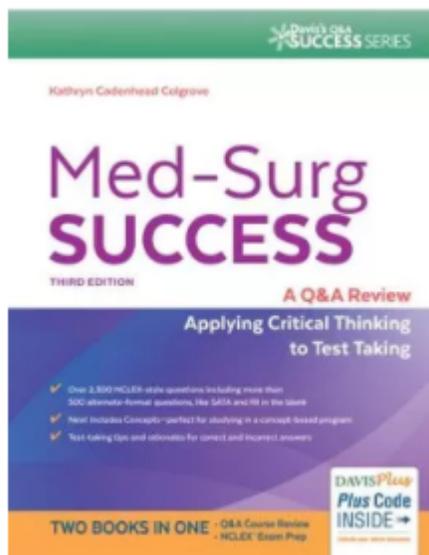


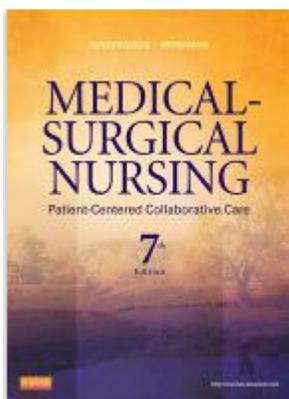
Tips for Incoming Nursing Students

- 1. Study tip. Make it click!** If reading the textbook does not allow you to absorb all the material at first, you may want to try other sources (YouTube, podcasts, etc.) and then revisit the textbook, again. Check your local library or campus library for **other textbooks** and **NCLEX study guides** that can supplement your learning. Please note: these are supplements to your learning and not meant to replace your textbook.

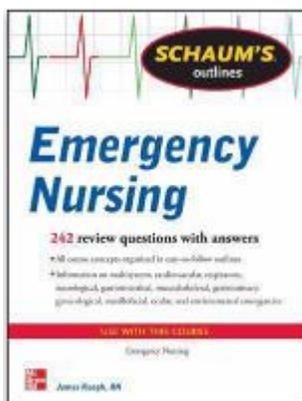
Here's some useful books:



- a. Title: Med-Surg Success: A Q&A Review Applying Critical Thinking to Test Taking (Davis's Q&a Success) by Kathryn Cadenhead Colgrove ISBN: 0803644027**



- b. Title: Clinical companion for Medical-surgical nursing: critical thinking for collaborative care by Hausman, Kathy A. Publisher Philadelphia : Saunders, 2002.**



- c. Title: Schaum's outline of emergency nursing by Keogh, Jim Publisher New York : McGraw-Hill Education, 2012.**

2. Helpful Websites:

- a. This is a good website for Continuing Education CE's that may be used for your Professional Role Development projects. The amount of CE credit varies, so check with your instructor to confirm that it is okay to use multiple CE's to obtain your needed contact hours.
 - i. www.Incrediblehealth.com
- b. A medical comics blog that helps make medical disease, symptoms, and treatments easier to remember:
 - i. <http://studentnurses3.blogspot.com/p/medical-surgical-nursing-mnemonics.html>
- c. Interactive medical quizzes and practice problems:
 - i. <https://abg.ninja/>
- d. A complete head-to-toe physical assessment guide:
 - i. <https://nurseslabs.com/nursing-assessment-cheat-sheet/>

3. YouTube channels that can help explain certain topics:

- RegisterednurseRN and check out her website for free quizzes:
 - www.RegisterednurseRN.com
- The Nurse Station by Maria Mobley MSN, BSN

4. Podcast from a Helpful Nurse.

Listen to her podcast during your commute or free time, to introduce you to these topics. Once you start learning about them, you'd have already known a bit about them!

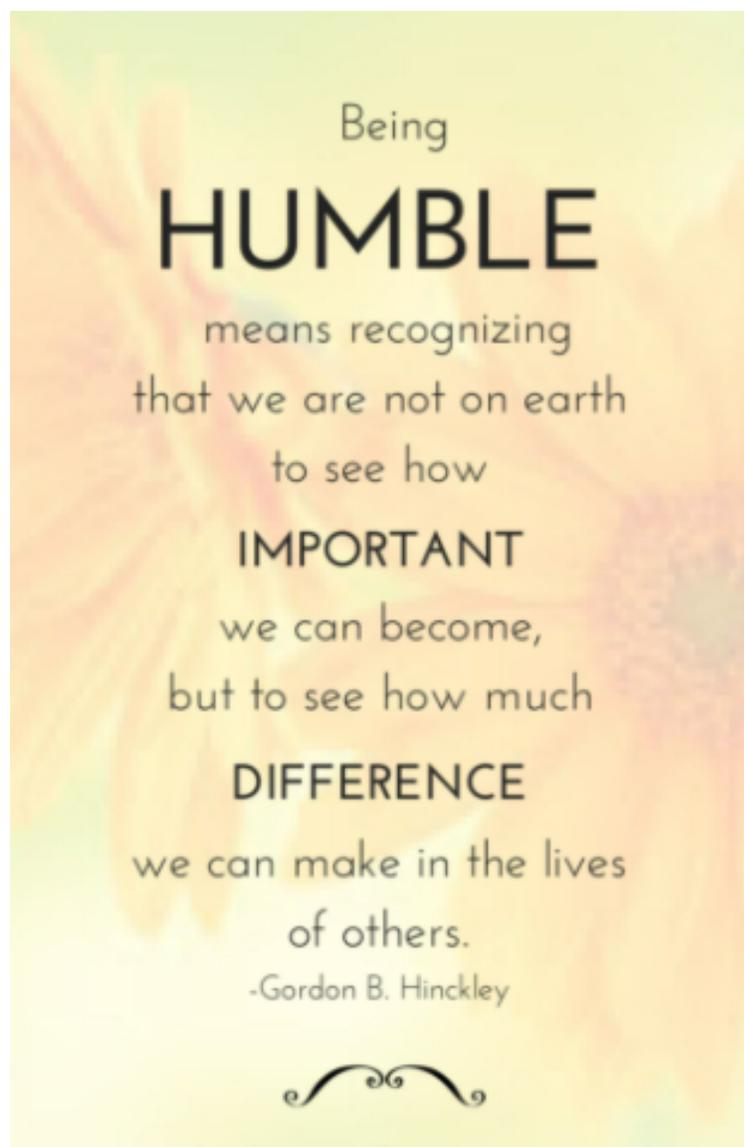
- **Straight A Nursing by Nurse Mo.** Also, check out her website with study guides and "Brain Sheets." You can find the podcasts on Spotify or wherever you get your podcasts.

5. Tips for Clinical:

when you get to Nursing 3, practice giving and getting report, so you can start early and be ready for Nursing 4. Role play as if you are the primary nurse getting report for your patient. You can do this with a classmate, or by yourself. Also, continue polishing your head-to-toe assessment skills by assessing all different kinds of patients. Lastly, know your lab values! Practice makes perfect!

6. If you feel anxious before clinical, know that this is normal. Channel your nerves or anxiety into productive energy. After clinical self-reflect on what you did for your patients, the effectiveness of your interventions, and what you can do next time. Learning the art and science of nursing takes time and believe that you will develop yourself along the way.

Hang in there, and everything will be okay!



Created by LT 11/5/20