First Semester Success Strategies for Nursing Students

Student Success Center
What to expect

- Be flexible and prepared for online courses.

- At this point, CCRI has not determined how classes will be delivered for the fall semester.

- Plan on some courses offered online only.
Make sure your computer gear is up to snuff

- Use a desktop, laptop or handheld device, be sure you have a solid internet connection – if possible, do not use a cell phone.

- Be sure to review the technology requirements for Blackboard at CCRI. Your online courses will utilize videos and live streaming technology like Collaborate and MS Teams.

- Consider purchasing a printer for your home in case the campuses remain closed and you are unable to print at CCRI.
Get to know Blackboard now

- **Blackboard** is the learning management system that CCRI uses for online instruction and communication.

- Students can access course materials their professors make available and may participate in class discussions online.

- We’ve got you covered with everything you need to know about Blackboard, **including video tutorials**.
Create a learning space at home

• With COVID-19 it may be difficult to create a good learning environment.
• Be creative: study in your car; get up two hours early to study before family and roommates wake.
• Remove distractions or interruptions such as cell phones, TV, and others at home.
• If that space is not available at home, consider a local library or other quiet space that also offers a strong Wi-Fi network.*

*Per COVID-19 restrictions
Use school resources

- Attend your teacher’s office hours to get help with your classes and contact the Nursing Department for policy clarification.
- Schedule tutoring through Student Success Center.
- Meet with an academic coach NOW to review time management and study strategies.
- Explore the Library for online information and resources and chat with librarians to answer your questions.
- Contact the CCRI Food Pantry for assistance if needed.
- Contact CCRI’s Office of Community and Social Resources for help filing for Unemployment Insurance, or emergency services like food and mental health.
What to expect

• Be prepared to be overwhelmed!
• Lots of books, studying and preparing for classes and clinical.
• Plan to spend about 40-45 hours per week during the semester.
  • This includes attending lectures, clinical, studying and clinical preparation.
• If possible, do not work more than 20 hours per week.
Self Management

• You don’t “manage” time – you can only manage your behaviors.
• You manage time (behaviors) to accomplish goals.
  • Completing your fall classes is your short-term goal.
  • Completing the nursing program is your long-term goal.
• Prioritize your goals and eliminate low priority goals and tasks.
• As appropriate, share your goals, work and school schedules with family, friends, and work.
Self Care

- Be well rested, eat well, and exercise.
- Delegate non-academic tasks (e.g. laundry) to family.
- Get used to not being able to “do it all” during the semester.
- Anxiety issues need to be addressed now.
  - see a counselor in Advising & Counseling and/or speak with your physician before the semester begins.
How to study

• Switch up your studying; read; on-line, quizzing, video, etc.
• Study in small chunks of time.
  • 45 minutes to an hour.
  • Take real breaks of 10-15 minutes.
• Your main textbook should be the primary text you use.
• Use the text to fill in the blanks from the lecture and PowerPoint handouts.
• Use the supplemental texts as a supplement!
Preparing for your exams

• Your exams questions are NCLEX style questions.
  • Case/Application based.
  • Designed to get you to think critically.
  • You cannot memorize all of the information in this class to prepare for your exams.

• You need to learn how to make the best decisions based on the information provided in the question.
Get a head start RIGHT NOW!

Work with an ACADEMIC COACH NOW to:

• Develop your weekly semester schedule.
• Discuss getting organized and prepared for classes.
• Learn study strategies including self-management strategies, reading, note taking and exam strategies.
• Sign up for PRE-SEMESTER WORKSHOPS offered by the Student Success Center and run by 2nd & 3rd semester nursing students!
  • Offered in August – schedules published in July.