

MERCER COUNTY COMMUNITY COLLEGE
 DIVISION OF MATH, SCIENCE AND HEALTH PROFESSIONS
 NURSING PROGRAM

SUGGESTIONS OF WAYS TO IMPROVE YOUR STUDY SKILLS

WAYS TO BUILD SUCCESS....

Commitment is critical. Think about committing to do the following:

I will take control of my own education and think like a nurse.

I will make an effort to get to know each of my professors because they can be a great resource to me.

I will identify when I need help and ask for it.

I will take control of my time and plan ahead so that I am able to meet my academic responsibilities.

Use What You Have Learned From This Exam to Build Success

Reflect on your study behavior. Take the Test Preparation Checklist

Test Preparation Check List

Did You...	Yes	No	Points for a "Yes" Answer
1. Attend all classes			1
2. Review your notes daily			3
3. Read material prior to it being covered in class			1
4. Study daily			3
5. Have at least one conference with the professor			1
6. Develop and learn a word list for the course			2
7. Read materials to improve your background in the course (other than text)			1
8. Attend help session			1
9. Attend learning resource lab when available			1
10. Develop a list of possible questions			2

11. Ask questions in class			1
12. Study an old exam (when available)			1
13. Avoid a last minute cram session			1
14. Sleep at least 8 hours the night before			1
Add your total points, plus one point for each hour you spent in preparation over 20 hours; in other words if you spent 25 hours, add 5 points.			

25-30 points: Good preparation

20-24 points: Fair preparation

20 or less points: Poor preparation (from Texas A&M)

Write an Action Plan for Better Preparation for the Next Test. Be sure to be specific. Don't write, "I will study better" write exactly **how** you will better prepare. Go over this detailed plan with your advisor. Get their input. They are an invaluable resource towards building success.

Read The Attached Study Skills Tip Sheets:

Study Hard ...Study Effectively

Reading Textbooks

Taking Notes in Class

General Principles for Test Taking

Read This About Active Reading:

1. Read the assignment before class. Active involvement in reading the text is important for comprehending the material. One frequently suggested method for reading textbooks is the SQ4R method.

S=Survey Briefly survey the chapter, noting the divisions, headings, tables and figures. Read the chapter summary. This provides an overview of the chapter content and a framework for organizing the material.

Q=Question Turn each section heading into a question that you want answered. Also, try to guess questions that might appear on the exam.

R=Read Read the chapter, section by section, trying to answer your questions.

R=Recite Answer the questions and state the main points verbally. You may also write down the answers and key points for later reference.

R=(W)Rite First, write the question and then write the answer to the question using only key

words, lists, etc.

R=*Review* Briefly look back over the material to assure that you have included all the main points. Reflect on the meaning and application of the major points.

2. Use 3" x 5" index cards. Write the questions on one side and the answers on the other side, and use them as flash cards. If you carry them with you, you can get through several cards while waiting for the shuttle bus, riding the elevator, walking to class, etc.
3. Work all assigned problems, and then work some more, even if the assignment will not be collected. In math and science courses where memorization is crucial, it is helpful to *over* learn the material. Small amounts of practice spread over several days are more efficient than one long memorization session.
4. Recognize the importance of regular review. Review class notes on a daily basis, and set aside review time for each course on a weekly basis.

Start studying the first day of the semester and keep up. It is easy to spend the first month of classes "adjusting" and "organizing", but often the result is falling very far behind in your work. That sets up the vicious cycle of dropping everything to prepare for an upcoming exam in one class, and following that routine for each class in turn.

Use All Available Resources:

NCLEX Review Questions (Silvestri text)

mynursingkit.com

Case Studies & Practice Tests on evolve

Test Taking Tutorials located under Case Studies on evolve

Review Questions in Pearson text book

Objectives for lectures identified in lecture power point slides

Additional Study Guides and Information Available on Nursing Website and Course Homepage Online

Learning activities in ANGEL course shell

E-Tutoring

Learning Center

Study Group

