



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.