**Individualized 2023 NCLEX Study Plan**

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The thought of writing the National Council Licensure Examination (NCLEX) has been stressful for me, as I am scared that I am not prepared. The purpose of this plan is to lay out a realistic agenda of topics and timelines for me to review content that I can abide by, without feeling overwhelmed. While I initially hoped to complete my NCLEX by June 1st to be able to attend graduation and the pinning ceremony without having to worry about the test, I realized that I have a lot of other responsibilities between the end of exams in April and June 1st (e.g., gala planning for Nursing Society). To ensure I write the exam in quick time frame⁠—as to not forget material⁠—while also being prepared, I am setting June 25th as my tentative writing date. All preparations including studying and registration should be complete before then.

Overall, my biggest strength is in understanding systems or concepts, like acid-base imbalances or how renal failure affects the whole body, because I can make connections and work through the concept from start to finish; it is very logical to me. Therefore, I expect review of medical-surgical course content and pathophysiology to be easier for me. Areas I struggle with include pharmacology and certain areas of pediatrics because of memorization. While certain classes of drugs will make sense to me because I can understand the mechanism of action, there are always exceptions that do not follow the others. For example, with NSAIDs, they all can cause cardiac side effects, except aspirin which is cardioprotective. While I will review everything, my plan will take these areas of strengths into account and dedicate more time to topics that require memorization by focusing on them in the summer. I will also try to use memory tools, like mnemonics and stories, to help me remember difficult pieces of information.

During the school year, I will dedicate Mondays and Fridays to studying content. On Fridays, I will review the specific topic discussed in Professional Nursing V’s Tuesday class (Delegation/Prioritization, OB, Pediatrics, Mental Health, Cardiac, Neurology, Oncology, Respiratory, Endocrine, GI), by 1. Reviewing resources from previous courses (i.e., Adult Health); 2. Read the designated chapter from *Hurst Review Manual* (16.1 ed.) that I received from my cousin; 3. Complete the module via *UWorld/Nurse Achieve* (to be determined); and 4. Watch videos on more complicated topics (e.g., ECGs) through *RegisteredNurseRN*’s YouTube channel. On Mondays, I will spend two hours completing practice questions from *NCLEX-RN Questions & Answers made Incredibly Easy!* (6 ed.) by Susan A. Lisko and four hours reviewing their respective answers to ensure I understand the rationale and can analyze the cognitive process behind my answers. For example, through a review session, I may find that I am choosing the first answer without reading the rest of the options because I am overconfident when seeing a key word. I could catch this habit and work on taking my time with each question.

The summer study sessions would take place Monday through Saturday (Sunday is a break day) with five hours of studying everyday. The focus would be on more memorization-based aspects of the topics I studied during the school year (i.e., pharmacology, development milestones in newborns, etc.). Each day, I would also dedicate two hours to practicing questions. Assuming I have completed all questions from my book, I will use www.nurse.plus and www.nurseslabs.com/nclex-practice-questions. At the end of each week, I plan to take a practice test through the NCSBN website or through *UWorld/Nurse Achieve* to track my progress and see how prepared I feel. My goal is to pass the NCLEX on my first try, but I will not be disappointed if I am unsuccessful. Rather, I will work more on my areas of weaknesses until I feel confident in all areas.