

STUDY SCHEDULE

Plan	Do	What	Actions	Consider
Organize (Should take about 2 hours)	Organize and Plan	<p>Select a study site (avoid the bedroom and kitchen). Choose a place which promotes reflection, allows you to think out loud, and is free of distractions. Make this your dedicated space.</p> <p>Place everything you need in your dedicated space.</p>	Suggested items: note cards, pens (variety), highlighters, binder clips, notebook, computer (iPad).	Do not bring your cell phone (if possible). Remind love ones of what your goals and ask for support.
Time management	Organize and Plan	<p>Choose a Study method.</p> <p>I suggest the Pomodoro Technique coupled with active recall. Click or copy the link to review this method. https://youtu.be/mNBmG24djoY</p>	Review and planning.	Find a timer.
Reading Assignments	Ready	<p>Suggestions:</p> <ul style="list-style-type: none"> • Do not read every word (sometimes there is a lot of unnecessary details). • Read the chapter preview and the chapter summary. • Read chapter headings, bold fonts, or italicized wording. • Read the first sentence under each heading. • Review table, boxes, and charts in the chapter. • Make notes (flashcards) only on the content you do not understand. 	Allot 2 - 3 hours.	Remove your cell.
Review content.	Set	<p>Suggestions:</p> <ul style="list-style-type: none"> • Do not re-read the chapter. This step is to identify gaps and reinforce learning. • Using your notes/flashcards, create your own test items from the identified topics. • Place missed items to the side for additional review. Find additional resources to help with items you are still struggling with. • End the session by practicing test items (supplied with required textbook or NCLEX® review book). 	Allot 2 - 3 hours.	No cell, remove distractions. Begin to think of ways you want to reward yourself. (Add a candle to study space, a framed picture of family, a motivational bracelet)

		<ul style="list-style-type: none"> • Make notes only on missed items. 		
Review & Study.	Go	<p>Suggestions:</p> <ul style="list-style-type: none"> • Begin with notes from the test items/reading assignments. Out loud, ask yourself “So, what’s the deal with?” • To strengthen connections, review two topics at once. (Cardiac dysthymia and medications to treat). • Practice additional test items and make notes. 	Allot 2 - 3 hours.	No cell, remove distractions. Choose a reward for yourself.

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