**TIPS**

Being Organized

* **Buy a planner to organize your time for studying, clinicals, class times, and any other obligations you have!**
* **Make To-Do lists.. Try the “Reminders” app of iPhone. You can put alerts on each task so you can be reminded everywhere you go!**

Studying

* **Form a study group! Ask 4-8 people to make a serious commitment. Approximately 50-60 chapters (or 2,000-3,600 pages) must be read each semester. When forming a study group, carefully select members for your group. Choose students who have abilities and motivation similar to your own. Look for students who have a different learning style than you. Exchange names, email addresses, and phone numbers. You may exchange lecture notes and discuss content for clarity or quiz one another on the material. You could also create your own practice tests or make flash cards that review key vocabulary terms.**
* **Study hard but don’t forget to study smart. Prioritize what you definitely need to know. Study one thing at a time, otherwise it gets overwhelming!**
* **Find a balance between writing notes and simply listening to the professor. Sometimes writing too much means losing key messages, but be sure to still write down anything you feel is important.**
* **Check out your local book store for some additional resource material. From comprehensive NCLEX-RN review books to something specific such as Med-Surg, Pathophysiology, or Lab Values; there’s something out there for whatever needs you have!**
* **Don’t forget to give yourself a break! It’s suggested to take a 10-minute break for every hour of studying. Get up and stretch, take a small walk, or anything to keep your blood moving!**
* **Try various study locations. At Brookdale, we have a library, a game room, a cafeteria, a nursing student lounge (Room 610 West), the East Lounge (East building) and the HPEC (West Mezzanine). Try different rooms at home, too. Don’t forget outdoors!**
* **Avoid studying where you sleep if you can. A place for rest and relaxation should stay that way, right?**
* **Spend time with family and friends. This can be a challenging time and studying can make it easy to feel isolated, so a strong support system is crucial.**
* **Set aside time for other activities, like exercising, watching TV, eating good food or hanging out with friends. Some students recommend taking out at least one hour a day for yourself. Others recommend taking out at least one day per week. This can really make a difference in your day, your week, and your year.**
* **SLEEP!!! All-nighters are often more harmful than helpful. Close your books and call it a night. Try to get an average of 7-8 hours of sleep each night.**

Developing Clinical Skills

* **Find online Youtube videos with the skills you need help in (Khan Academy is your best friend!).**
* **Be honest and be proactive. If you do not know how to do something, tell your clinical professor. If you don’t know the answer to a question, tell them that you don’t know the answer but you are going to find it.**
* **Once you learn some clinical skills at school, practice on family and friends. Take pulses, listen to heart and lungs, take manual blood pressures, etc. This really helps boost your confidence!**
* **Don’t limit yourself to only communicating with the RN or PCA - talk with the respiratory therapist, doctor, PT, or anyone on the patient’s healthcare team! This is a good way to know who the team collaborates! You never know who you can learn from.**
* **Your professional careers begins now! Be assertive at clinicals! Don’t expect to be spoon-fed. Ask questions, and come prepared. Show your clinical instructor what you’re capable of and how motivated you are to learn more.**

Getting Involved

* **Nursing school is so much more than classes and clinical rotations. Make yourself aware of what you can do outside the classroom. The senior officers will try their best to let you know everything that’s going on, but you’ll find out MUCH more by asking them follow-up questions or asking about other ways to get involved.**
* **Nursing Students’ Press (NSP} is our student newspaper with 4-5 editions every year. We spread word of events, what’s new in campus, and we post helpful NCLEX questions too! You can contribute as a writer, editor, layout editor, artist, or photographer!**
* **The Community Health Committee is our way to give back to the communities in NYC. We partake in events like volunteering at walks, helping pack food for families at the Food Bank, and helping teach people how to keep healthy!**
* **Attend conventions! In February, the Nursing Students’ Association of New York State (NSANYS -** [**www.nsanys.org**](http://www.nsanys.org)**) convention is held in NYC. In April, the National Student Nurses’ Association (NSNA -** [**www.nsna.org**](http://www.nsna.org)**) is held in Orlando, FL next year. Attending conventions is a great way to network, learn what is going on in the nursing community, and find out about some great opportunities!**
* **Volunteer! You can volunteer at schools, hospitals, community organizations, and other great places! Even if it’s not always directly nursing-related, you’ll develop transferrable skills you can discuss during interviews.**
* **Run for office! New school officers elections are typically held in February. This is a great way to give back to your school, to build leadership, and to make yourself stand out!**
* **Remember: Everything you do to get involved not only helps out others, but it can also pump up your resume and give you things to say at interviews. Another step closer to your dream career.**

Other

* **Smile!!! Neuroscience research shows smiling gives the brain as much pleasure as 2,000 bars of chocolate — or $25,000. Smile makes you and others happy. Spread the good vibes!**
* **Listen to what other people say. Don’t interrupt them. Stop thinking about what you are going to say next. Don’t just wait to talk. Be curious and ask them what fascinated you from what they just said. DO NOT BE JUDGEMENTAL. No one wants to be judged, so don’t judge.**
* **Network, network, network. If you haven’t heard the work word mantra yet: The people you know can be as important as what you’ve accomplished. Get business cards. Hand them out when you meet people from hospitals and health fairs. Put your name out there. Introduce yourself to as many people as possible, both in school and at outside events.**
* **Build a portfolio. Buy one NOW**. (Hunter’s 68th St. bookstore has them.) **Every time you get a certificate, an award, a publication, a letter of recommendation, or even something you’re proud of that could be valuable to show a recruiter later on, put it in! Bring it to interviews.**
* **Reach out to the seniors or other nursing students (or recent graduates) you know. They are invaluable resources! Most are more than willing to help.**
* **Make friends! Reach out to your fellow nursing students from day 1. A simple “Hi! How are you?” goes a long way! They’re facing many of the same challenges you are. Who knows, you may find you have a lot in common.**

**We wish you the best of luck, and please, reach out if you ever need help! Enjoy your summer!!!**

* **HBSNA Board of 2015-2016 (**[**officers.hbsna@gmail.com**](mailto:officers.hbsna@gmail.com)**)**