

LOS RIOS COMMUNITY COLLEGE DISTRICT
AMERICAN RIVER COLLEGE
Nursing Student Success Program – 6 Week Agenda
2 Hour Group Meetings

Date	Agenda	
Week 1	<ul style="list-style-type: none"> • Introductions • Learning Styles Assessment & Study Habits Discussion • 3-3-1 Study, Manage & Cope test anxiety, Study groups • Test Taking Skills and Strategies – Dissect NCLEX style Qs - 25 NCLEX style Qs/night 	
Week 2	<ul style="list-style-type: none"> • Discussion: Implementation of Learning Styles & new study habits • Study Skills Test Taking Skills and Strategies – Dissect NCLEX style Qs - 50 NCLEX style Qs/night • Take Home: Time management: Wisdom Wheel 	
Week 3	<ul style="list-style-type: none"> • Discussion: Time management: Wisdom Wheel • Six Traits of Successful Nursing Students - discussion • Test Taking Skills and Strategies – Dissect NCLEX style Qs - 50 NCLEX style Qs/night • Take Home: Lifestyle modifications & implementations part A 	
Week 4	<ul style="list-style-type: none"> • Discussion: Lifestyle modifications & implementations part A • Test Taking Skills and Strategies – Dissect NCLEX style Qs - 50 NCLEX style Qs/night • Take Home: Lifestyle modifications & implementations part B 	
Week 5	<ul style="list-style-type: none"> • Discussion: Lifestyle modifications & implementations part B • Test Taking Skills and Strategies – Dissect NCLEX style Qs - 50 NCLEX style Qs/night • Guided Imagery/relaxation for exam prep • Take Home: Journal Entries for Goal Setting 	
Week 6	<ul style="list-style-type: none"> • Journal Entries for Goal Setting discussion • Your Clinical Day & SBAR hand-out • Test Taking Skills and Strategies – Dissect NCLEX style Qs – 50-100 NCLEX style Qs/night • Closure – Guided Imagery Drumming if time allows 	

Description: A six week student success mentoring program that meets weekly for two hours to increase confidence, learning and retention in both the classroom and clinical. Areas of focus: study skills, test taking strategies, critical thinking and time management. A self-assessment of current lifestyle that includes diet, exercise, rest, emotional wellness and balancing home responsibilities is built-in.

Objective: Implement new learning and life skills to increase confidence and reduce stress for successful completion of sequential nursing courses.

I work *with* you, I am your support person. You remain in charge. A student must be referred to the program by you. I do not present content. I do not view exams. I do not review exams with students. This position is viewed as ‘non-faculty’ to be seen by students as a non-biased outsider.

I need from you: EARLY REFERRAL, THE SOONER THE BETTER FOR STUDENT SUCCESS.