

Student Success Plan (Advisor)

Time Management		
Phone time: 50 minutes of study, 10 minutes of phone time	Friends: Make time to relax with friends and family	Focus: Identify weaknesses and focus on them.
Effective Reading		
Active: Discussion with study partners or others	Aware: Where are you studying, how does this affect your concentration level	After: Compare and contrast what you have read with known experiences. Draw a picture of what you have learned
Stress Management		
Highlight: What triggers your stress? Consider journaling concerns.	Habits: What helps you to relax? Cloths, perfume, visual cues or coloring books	Helpers: Help other students, service for others, baking cookies for the class...
Memory Management		
Patient: Practice material and skills you are not comfortable with	Care: Create pictures, mnemonics, songs, etc	Daily: Disseminate information daily
Concentration Management		
Sit smart: no distractions	Safe selects: no late night studying, SLEEP	Space: control or limit distractions
Test Prep		
Questions: Write your own questions, make flash cards	Quick: Do short quizzes from text book or NCLEX prep. 20 questions daily	Quality Review: Study items that make you uncomfortable. Focus on what you got wrong.

NURSE TIM Videos on these topics.

Schedule meeting with advisor:

Meeting:

Date and Time: _____

Date and Time: _____

Date and Time: _____