

Get ready for your first year of nursing coursework!

Brought to you by the UWB Nursing Club!

1. Know where the office is!

- UW1-211, School of Nursing and Health Studies
- Get to know your advisor and professors, and communicate with them!

2. Use the summer to get ready!

- Sleep
- Get a good sleep routine!
- Eat healthy
- Establish a routine
- Unplug and get some relaxation time
- Stay mentally sharp!
- Read!
- Study up on math! You need to be ready to crunch numbers and conversions!
- Take a vacation

3. Be a savvy-book shopper

- Hop on Amazon, eBooks, half price, EBay
- Be sure to pick up the right edition!

4. If you procrastinate, start learning how not to!

- Learn to manage your time...really!
- Make a schedule and stick to it!

5. Look forward to:

- Not having to compete for seat with your classmates
- Tuition – less at EvCC
- Lifelong learning
- Tailored curriculum

6. Be ready to maybe feel a bit overwhelmed at times...it is normal and okay!

7. Be ready to commit your time!

- 1+2+3 rule: For every hour of class, be ready for about two hours of homework each day!
- A professional university degree program is a fulltime job!
- Be ready to reduce your social life (it really is worth it! Your true friends will be there when you graduate as a nurse!). Be ready to make new friends!

8. Money!

- School is pricey! Search out scholarships!
- Limit outside expenses
- Bring lunch/snacks!