



Health Sciences: Nursing

1111 Figueroa Place, Wilmington, CA 90744 • www.LAHC.edu • 310-233-4368

GENERAL COLLEGE TIPS

Remember that going to nursing school is like having a part- or full- time job. It is recommended that you work no more than 12 hours per week, especially if you have other obligations such as child care, etc.

Assess your learning style:
http://marciacconner.com/assess/learning_style/

Sit in the front of the classroom and engage in course discussions.

Do not procrastinate.

Keep a personal planner with all scheduled due dates. Plan and organize your time well.

Set priorities and stick to them. You will realize that there will be sacrifices that you have to make in order to meet the rigorous academic demands of the nursing program.

NURSING PROGRAM TIPS

Read and preview assigned chapters before lecture. Create an outline of what you have read and make a list of questions you need to clarify.

Preview topics that will be covered in lecture by looking at your course syllabus and unit objectives.

Know the contents of your course and clinic syllabus.

Expect to thoroughly prepare for your clinical assignment the evening/night before: history/physical, physician orders, medications, treatments, laboratory and other diagnostic studies, physician progress notes, nursing/allied health notes, plan of care. You will also be expected to turn in a clinical write-up of your experiences after clinic.

See your instructor during office hours if you are having difficulty. Do not be afraid to ask questions or clarify anything you do not understand

Take advantage of weekly theory and skills lab tutoring. You can also ask for help with care plans.

The nursing program is able to offer many inter-session classes and workshops with funds that we receive. Take advantage of them!

Remember that each course builds upon another course in the nursing program. Review concepts and content during semester breaks.

You will be required to attend mandatory classroom and clinical orientations, electronic health record (EHR) classes, and complete other clinical agency specific requirements. These may be scheduled outside of normal course meeting hours. You will be required to go to clinical site the day before in order to get clinical assignment.

Keep your health packet up to date at all times! You need a yearly TB test and flu vaccine, a current BCLS healthcare provider card and malpractice insurance, physical examination every 2 years, and all titer results. If you have received a vaccine(s), you must check your titer 1 month afterwards to see if immunity has been established. *Don't forget to include your OSHA card. You will not be allowed in the clinical area without current health requirements.*

Prepare your plan to go on to obtain your Bachelor's of Science Degree in Nursing if you have not already done so. There are many transfer pathways available—see program Director or college Counselor. Our goal for you is to “seamlessly” transition to higher education in nursing.

Be sure to select challenging patients for clinical assignments – you will learn the most!

Know the contents of the Nursing Student Handbook

Read the monthly nursing newsletter, “The Heartbeat.”

NURSING PROGRAM TESTING TIPS

There is a math test in 1st semester and there are medication examinations in 2nd, 3rd, and 4th semesters prior to the start of clinical. Make sure to review your dosage calculations during the intersession breaks.

A little amount of anxiety before a nursing examination is normal. It is not normal for you to “freeze” during the test, have a feeling of panic, be easily distracted or have physical symptoms such as rapid heart rate, sweating, and/or jitteriness. If you experience any of these symptoms, see your Instructor immediately.

Do not rely solely on printed slides to study for examinations.

Read questions carefully! A word about nursing examinations—most questions won't test facts. Instead, you will be required to understand the concept and apply it to a given situation. Practice test-taking with actual NCLEX-RN type questions.

Utilize the Early Alert system (any student who has received a substandard grade in theory or clinic is referred to the Early Alert Coordinator OR students may self-refer)