

# Nursing School Study Checklist Cheat Sheet

Hey there, friend!

If you've been in nursing school for any amount of time, you know that it's TOUGH sometimes (or *pretttttyyy* much always).

Like, *stay-in-bed-under-the-covers-all-day* kind of tough.

It can be super overwhelming to know what to do, how to study, and what to focus on.

And that's exactly why I created this free checklist for you.

This nursing school study checklist walks you through, step-by-step, how to study in nursing school.

Plus, it gives you the most important things you'll need to focus on.

Talk about a time saver.

I know you're going to rock nursing school this term!

Have faith in yourself, and go make it happen! :)

All my best,  
Christina

p.s. [If you want more tips on how to pass your nursing school classes, check out these videos here!](#)

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## HOW TO STUDY IN NURSING SCHOOL (STEP-BY-STEP):

### Step #1: Learn the pathophysiology first

Learning the pathophysiology of each disorder should be your number one priority.

This is the foundation that everything else you need to learn is built off of.

So you need this foundation of knowing the pathophysiology FIRST, before you can go and learn everything else that you need to learn.

The pathophysiology of a disorder is just what is happening inside the body that is not normal. So you'll need to learn the process that's happening inside the body as the disorder takes place.

### Step #2: Focus on the 3 main topics for each disorder

There are 3 primary things that you need to know about for each disorder, along with the pathophysiology, and those are:

1. The common signs and symptoms
2. What you need to assess for
3. The nursing interventions you will do (including patient education)

If you look at your nursing school exams, those are the 3 main things you are tested on: the signs and symptoms, the assessment for the disorder, and the nursing interventions that need to happen for that disorder.

You're not often tested on the actual pathophysiology of the disorder; you're mostly tested on these 3 things. But learning the pathophysiology is crucial to understanding these other 3 components.

### Step #3: Study efficiently

Make sure that when you sit down to study, you are refreshed, you're rested, you've got your coffee with you and your water, and you're ready to go.

There are the 3 main ways I recommend you study:

If you're a visual learner, write or draw out all of the concepts

I like to write and re-write my notes over and over again, as well as create concept maps and diagrams.

I'm more of a visual and auditory learner, so those 2 things really help me out.

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[And if you need a review on how to create concept maps, make sure you check out this video.](#)

That video will walk you through exactly how to create concept maps. Plus, I add in some really great questions to ask to help you critically think. So either way, make sure you check out that video.

If you're an auditory learner, talk concepts out to yourself so that you can hear it.

Talk about the concepts out loud as if you're teaching them to yourself.

You can also create songs to help you remember it, or go through mnemonics.

All of those are really good study tips for auditory learners.

If you're more of a do-er and kinesthetic learner, use the skills lab and go through some patient situations.

Grab your nursing bestie and run through case scenarios together.

Ask each other questions that will get you thinking more critically about the disorder.

This hands-on experience will really help it all sink in your mind.

## **HOW TO STUDY FOR FINALS (STEP-BY-STEP):**

### **Step #1**

Collect all of your notes from throughout the term.

Go through your car, your locker, your desk, your kitchen table, your kids' rooms, or anywhere you think some of your notes may be hiding.

### **Step #2**

Organize all of your notes by week of the term you learned that information, or by topic.

You should aim for at least 7-or-so different "packets" of notes, as this will make them small enough to study later (and not go totally crazy!)

### **Step #3**

Go through each one of those packets and highlight **ONLY** the information you don't know and can't remember.

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**KEY POINT: TRUST YOURSELF.** You know more than you think you do, and you are smarter than you realize. Don't get discouraged if a lot of information is highlighted. That's totally normal. Don't worry, you'll know it all by the end of this process.

### Step #4

Take one packet at a time and rewrite only the information you highlighted.

After you are done with this step, you should end up with a sheet of paper (or multiple sheets of paper) with only the information you don't yet know.

### Step #5

Focus on studying ONLY those sheets of paper that have the information you don't know yet.

Repeat this process daily: highlight what you don't know, rewrite that information onto new sheets of paper, and study only that information that you rewrote (the information you don't yet know).

### Tips for studying for finals

Remember... Start studying EARLY and give yourself GRACE through this process.

The earlier you start studying for finals, the more information you'll be able to learn and convert to long-term memory.

I recommend starting this process at least 2 weeks before your final exams. That should give you enough time to learn all of the information you need to know for your test.

The first few times you write and rewrite your notes, you might feel like you don't know a whole lot.

Trust yourself and your ability to learn. You WILL learn more and more every day as you go through this process.

By the end of it, you should know just about everything you need to know for your exam.

[If you want more tips on how to study for finals, check this video out!](#)

### GENERAL NURSING SCHOOL STUDY TIPS:

#### Focus your studying on the topics your professor talked about in class

For the topics you learned about in class, read the section of the book on that topic, and study that topic more than the other topics.

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## **Give yourself a break**

Don't read every single word assigned to you.

Focus your study time to what really matters: the topics you covered in class.

## **Don't study something if you already know it**

Often times, we like to read and re-read about things we already know, because that's easier than learning the things we don't yet know.

However, you can save a lot of time by simply studying the things you don't already know.

## **Use different colored highlighters for different types of information if you'd like**

For example, you can use a yellow highlighter to highlight words you don't know, and a green highlighter to highlight concepts you need to study more.

## **While reading your textbooks, take notes using the same paper you took notes on in class**

This way, all your notes are organized and in one place, so you won't be sifting through a gazillion different notebooks or pages to study.

## **Use concept maps to connect the dots for all the concepts you need to learn**

[If you want to learn how to use concept maps in nursing school, check this video out.](#)

## **Get together with your study buddy and ask each other questions, and word them as if you were being tested**

The questions you ask should be challenging and force each other to use your critical thinking skills.

## **Teach someone else what you learned**

This could be your study buddy, a family member, or another friend.

It's actually BETTER if the person you're teaching, doesn't already know it.

That way, you really need to break the concepts down so they can understand it.

And doing this will help you learn it and commit it to long term memory.

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## FINAL THOUGHTS...

Remember...

You know more than you think you do!

Trust yourself and trust the process. And don't give up, no matter what!

You will be an AMAZING nurse. Now go make it happen!

All my best,  
Christina