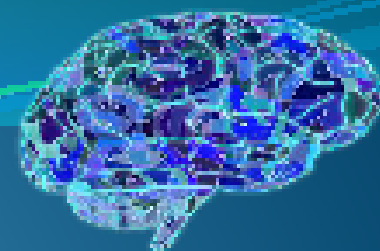




How to Train Your Brain



Better strategies for conquering the NCLEX

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BACKGROUND

The National Council of Licensure Exam (NCLEX) continues to provoke anxiety amongst graduating RNs preparing to enter the work force. The 'growth mindset' philosophy will be used to empower 4th year nursing students to think differently about their own capabilities and promote positive study habits for completing the NCLEX.

PROBLEM

There has been a perceived sense of anxiety, fear, and self-doubt amongst 4th year Nursing Students surrounding the preparation and competition of the NCLEX exam.

GOAL

To empower nursing students to adapt their response to themselves and their ability to succeed in difficult situations i.e. NCLEX

METHODS

We will be conducting a student lead workshop on growth mindset and test taking strategies. We plan on using pre/post workshop feedback forms to guide the efficacy of this project. We also plan on using ATI mock questions to evaluate changes in student's perception of their own exam taking abilities.

RESULTS

Currently 90% of 4th year nursing students are spending 0-1 hours/week studying for NCLEX with 77% feeling unprepared for this exam. Two thirds are scoring 65% or below on proctored ATI exams with no one scoring higher than 80%. *These results are based on a pre-workshop survey.*

AWKNOWLEDGMENTS

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