



Countdown to NCLEX

2-3
months

- Establish a study schedule.
- Become knowledgeable about the exam by visiting the National Council of State Boards of Nursing at www.ncsbn.org.
- Begin studying your notes and study materials.
- Take practice questions and online exams to become familiar with NCLEX-style questions and computerized testing, and identify your strengths and weaknesses.

4-6
weeks

- Focus on your areas of weakness.
- Find a study partner or form a study group.
- Take practice tests. Use remediation tools offered through online resources and book rationales to address your learning gaps.
- Avoid burnout by scheduling time to eat, sleep, exercise, and socialize.

1

week

- Take a review test to measure your progress.
- Record key ideas and principles on your mobile device, tablet, note cards, or audiotapes.
- Rest, eat well, and avoid thoughts of the NCLEX during nonstudy times.
- Treat yourself to a special event.

1

day

- Drive to the test site; review traffic patterns and plan where you will park.
- Do something relaxing during the day.
- Avoid thinking too much about the test; don't study.
- Eat well and get plenty of rest.
- Call a supportive friend or relative for some last-minute words of encouragement.

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days

- Eat a nutritious breakfast.
- Wear comfortable clothes; wear layers so you can adjust to fit the room temperature.
- Leave your house early so you can arrive at the test site with plenty of spare time.
- Don't study.
- Listen carefully to the instructions given before entering the test room.

Good luck!

Reference: Rome, C. (2020). *NCLEX-RN Review made Incredibly Easy!* (6th ed.). Lippincott Williams & Wilkins.



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