

"Study Skills for Freshman Students - Interviewed by Cindy Miller"
Summary/Script Report

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Interviewer: Cindy Miller

Interviewee on the right: Jessica Rodgers

Interviewee on the left: Meghan Atkinson

Cindy: There is no one better to give advice to nursing students than from experienced nursing students in order to be successful.

Jessica: My name is Jessica Rodgers. I'm an RN student and will be working at Regional Medical Center for hopefully about a year. Then I will obtain a bachelors degree from the Indiana Wesleyan online program and then possibly pursue my masters.

Meghan: My name is Meghan Atkinson. I'm an RN student and am still working on school/work plans. I do want to be a traveling nursing for a while after I finish school.

Cindy: The first thing we're going to talk about is time. It is a big issue with nursing students. Managing time is very important. Jessica, how many hours on average do you study a night?

Jessica: Usually, I try to do at least 2-3 hours a day. Try to be productive every day by doing such things as making note cards.

Cindy: How about you Meghan?

Meghan: I probably do about 5 hours a day, 3-4 days a week. I try to fit in a few hours on other days in-between working. I also agree with Jessica about trying to do something productive every day.

Cindy: You'll be happy at test time that you didn't take any time off.

Meghan and Jessica: Yes.

Cindy: Jessica, where do you study?

Jessica: Usually studying at home is not the best because of distractions. I have a study buddy, and think they are really good. I study with my study buddy's house a lot because her house is quiet and does not have as many distractions. School is a good place to study because there are not as

many distractions there. The main thing is you don't want to study in a place with a lot of distractions.

Cindy: You can't really study intensely with a lot going on, can you?

Jessica: No.

Cindy: Okay, how about you Meghan?

Meghan: I study at the kitchen table at home. I think consistency is a good thing to consider when studying because moving around to different places creates new distractions. The library is also a good quiet place to study.

Cindy: How about scheduling? How do you make sure that you get everything done that you need to get done?

Jessica: I usually make a to-do list for every week. I schedule time every day with my study buddy. It really helps to keep up with weekly assignments and test times. It is important to keep a study schedule. Study breaks are important too.

Cindy: What do you do on your study breaks?

Jessica: I usually eat and review. Laugh and make up silly little things to help you remember what you were studying.

Cindy: Okay Meghan.

Meghan: I have to schedule it with myself almost like it's a job. It helps me not to put anything off until tomorrow.

Cindy: You have to be really careful about planning your time, especially if you have family, don't you?

Meghan and Jessica: Yes.

Cindy: Okay, the next thing I want to talk about is how you approach a new unit of content. What's your plan or overview of how you approach a new unit of content?

Jessica: I think it's a good idea to have an idea of what the material you will be studying is about. Before you begin reading the chapter, skim the chapter, learn any new vocabulary, and always read the key points. It helps out a lot.

Cindy: And then you focus on those points in the lecture.

Jessica: Yes, focusing on that helps a lot.

Cindy: Okay, how about you Meghan?

Meghan: I do basically the same thing. I like to tab important things in the chapters. I also go to the evolve web sites in the books and printout all of the study questions and read them before I read the chapter in the book so I know what the chapter is about.

Cindy: That's a good idea to help you with studying for the tests.

Meghan: Those key points and key terms are very important because the tests will a lot of the time contain questions from them.

Cindy: How do you all practice material? What strategies work for you?

Jessica: I tried for a semester to try and record the lectures and then listen to them but it took a lot of time. So I usually take notes during the lecture. I read the chapter and I really like to put everything on note cards. They help you memorize and compare what you have studied. Study guides are really good too because a lot of questions come from them.

Meghan: I think repetition is really important. Look over your notes and skim the chapter often. And like I said I also go through the key terms and key concepts. I think that's really important.

Cindy: Alright, so how do you prepare for a test? How many days out from a test would you begin?

Jessica; I usually try to start studying for a test 2-3 weeks before the test. I try to go over what I have learned each class before the next one. About a week before the test is when I really try to review for it. Then the morning of the test, I skim all of the lecture tools. Make sure you go over all of your math conversions and formulas at least an hour before the test.

Cindy: Yes, because you have about 5 math questions on each test and those points really add up, don't they?

Meghan and Jessica: Yes, they do.

Meghan: I take about a day or so after a test and start on the next one. It's hard to backtrack on lectures, so it is important to stay on track and keep up with everything. I use the study guides and evolve questions for reviewing.

Cindy: Taking nursing tests is a big issue for some nursing students. What have you learned about taking multiple choice tests?

Jessica: When you pick an answer, stay with it. Do not try to change it. Don't dwell on a question you don't know because they are timed tests. Again, make sure you know your math.

Meghan: No other tests I have taken are like the nursing exams. The tests are not just memorization. You really have to apply what you have learned. It builds on each semester too. You have to use all of your knowledge on the tests.

Cindy: It's all about critical thinking, isn't it?

Meghan and Jessica: Yes.

Cindy: What are three words of wisdom that you can pass on to new nursing students?

Jessica: Don't put anything off. Make sure you stay on top of things. Don't let yourself get behind. Know your math. Manage your time.

Meghan: Review from all of your books. Don't give up even when it is really frustrating. Also time management is very important. Don't slack off. Review something every single day.

Cindy: Thank you so much for helping out the students for the next semester.

Meghan and Jessica: Thank you.