

Academic Coaching for Nursing Students

SUSMITA SAHA, MA

General Study Skills for Science Courses

- Read to understand the key points
- If you don't have time to read, look at the pictures (read the captions), charts and graph
- If a picture is used multiple times, it means it is important
- Vocabulary
 - List of the vocabulary and materials you don't understand
- Review the lecture recordings
- Connect the concepts learned from one chapter/module to another

Labs

- Before lab, review the directions
- Connect the lab with lecture concepts

Source: Iowa State University Academic Success Center

Study the Chemical/Biological Process

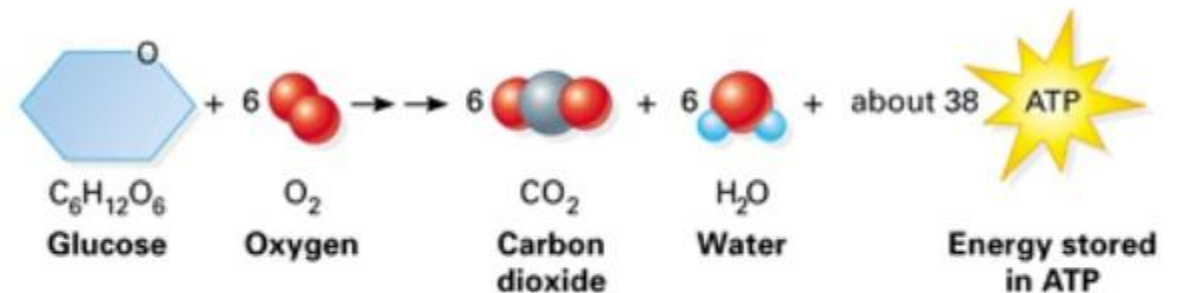
- Draw the process
- Write it down in your own words
- Explain the process out loud

The Reactions of Cellular Respiration

All living things require energy from food

The primary energy molecule is glucose

The Process of Cellular Respiration converts the energy in glucose into ATP for use by the cell



Bloom's Taxonomy

create

Produce new or original work

Design, assemble, construct, conjecture, develop, formulate, author, investigate

evaluate

Justify a stand or decision

appraise, argue, defend, judge, select, support, value, critique, weigh

analyze

Draw connections among ideas

differentiate, organize, relate, compare, contrast, distinguish, examine, experiment, question, test

apply

Use information in new situations

execute, implement, solve, use, demonstrate, interpret, operate, schedule, sketch

understand

Explain ideas or concepts

classify, describe, discuss, explain, identify, locate, recognize, report, select, translate

remember

Recall facts and basic concepts

define, duplicate, list, memorize, repeat, state



Thinking Like A Nurse

Disease Process



Symptoms



Treatment

Source: Selena Gilles

Specific Tips for Your Courses

Pathophysiology

- Compare/Contrast similar diseases/disorders
- Concept Map- create one first and then compare it to the group map
- PrePU (optional)
 - ✓ 5 questions per quiz
 - ✓ Review the rational and then apply that rationale to the midterm
- Take notes while listening to online modules
- Discussion forum is available through NYU classes to ask questions
- Online Search to find pathophysiology practice questions
- Assignments for extra credit

Source: Larry Slater and Selena Gilles

Adult & Elder II

- ❑ Study A & E II with Pharm
- ❑ [Evolve](#) – free online resources
 - ❑ Key Points of each chapter
 - Edit to add additional information from lecture and use as study guide
 - ❑ Review Questions for each chapter
 - ❑ Case Studies
 - ❑ Animation
 - ❑ Tutorial
- ❑ NCLEX Mastery

Source: Selena Gilles

Pharmacotherapeutics

Ask Why?

- Why is the patient taking this medication? Why is the patient taking this drug over another drug? (Compare/Contrast)

How?

- How do you know the medication is working?
- How do I know the patients are having side effect/adverse reaction to the medication?
- Read the textbook and watch the video

Tutoring

- Focuses on case studies and applying learned concepts: an important and free resource!

Ask Why?

- Ask why a blood clot formed? (Disease Process)*
- Ask why the clot happened in the brain? (Disease Process)*
- Why the patient has slurred speech? (Symptoms)*
- Why do we provide this treatment over the other methods? (Treatment)*

General Resources for Nursing Classes

[Khan Academy](#)

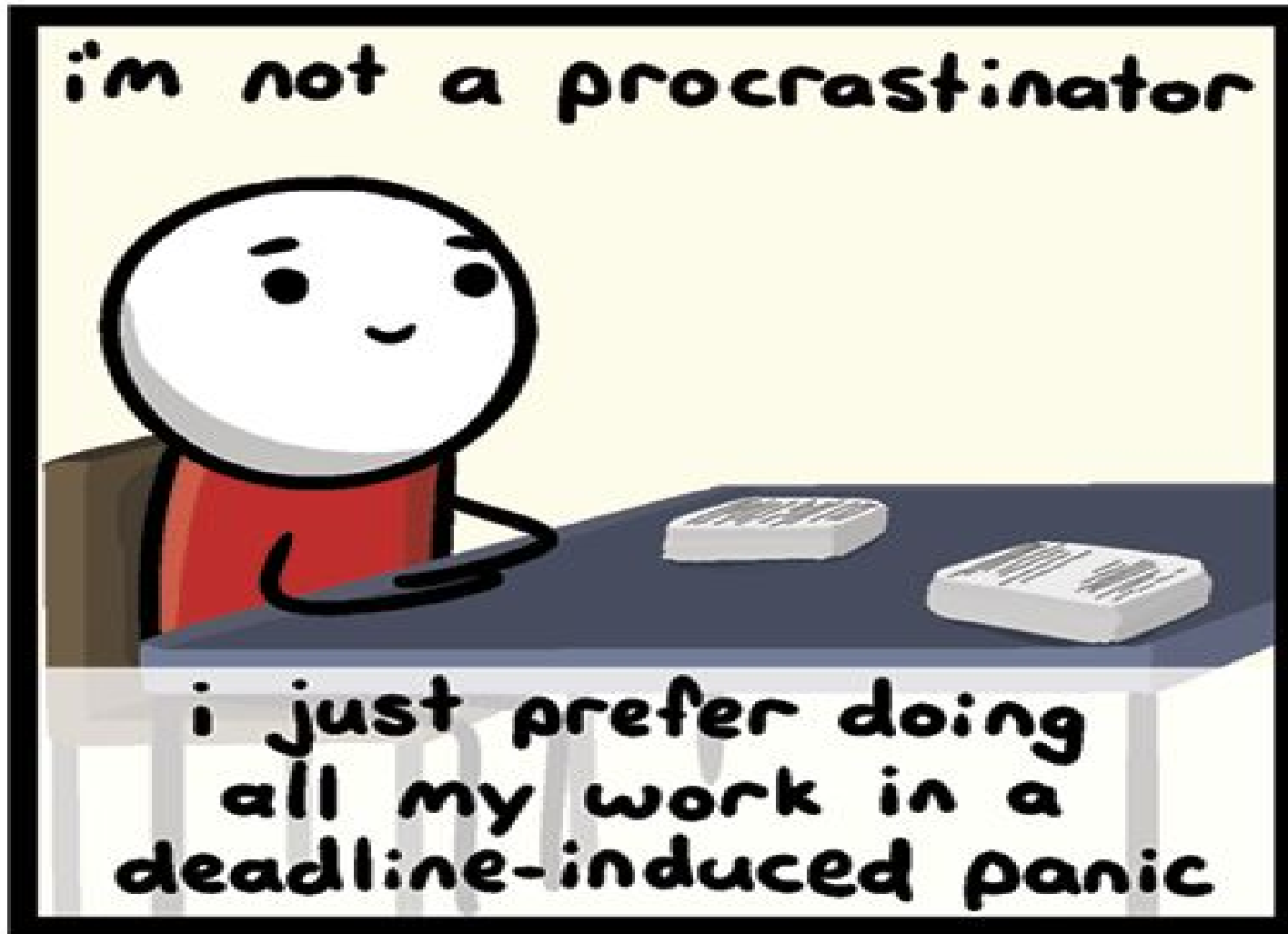
- Video
- Article
- Search

[RNtertainment Board Games](#)

Reflective Writing

Source: Jeff Day

Procrastination



Source: NACADA Region 2
Conference, The State College of NJ

“Splashdown” Method

Using 3-TIER Approach Splashdown Method

TIER 1 – Easy questions with 80%-90% certainty on the answers. Tackle these first.

TIER 2- 60 % certainty

- Mark these and then tackle them after the Tier 1 questions.

TIER 3- 50 % certainty

- Place a different mark on these and come back to answer after Tier 1 and 2 questions have been answered.

Kinesthetic (tactile) Learners

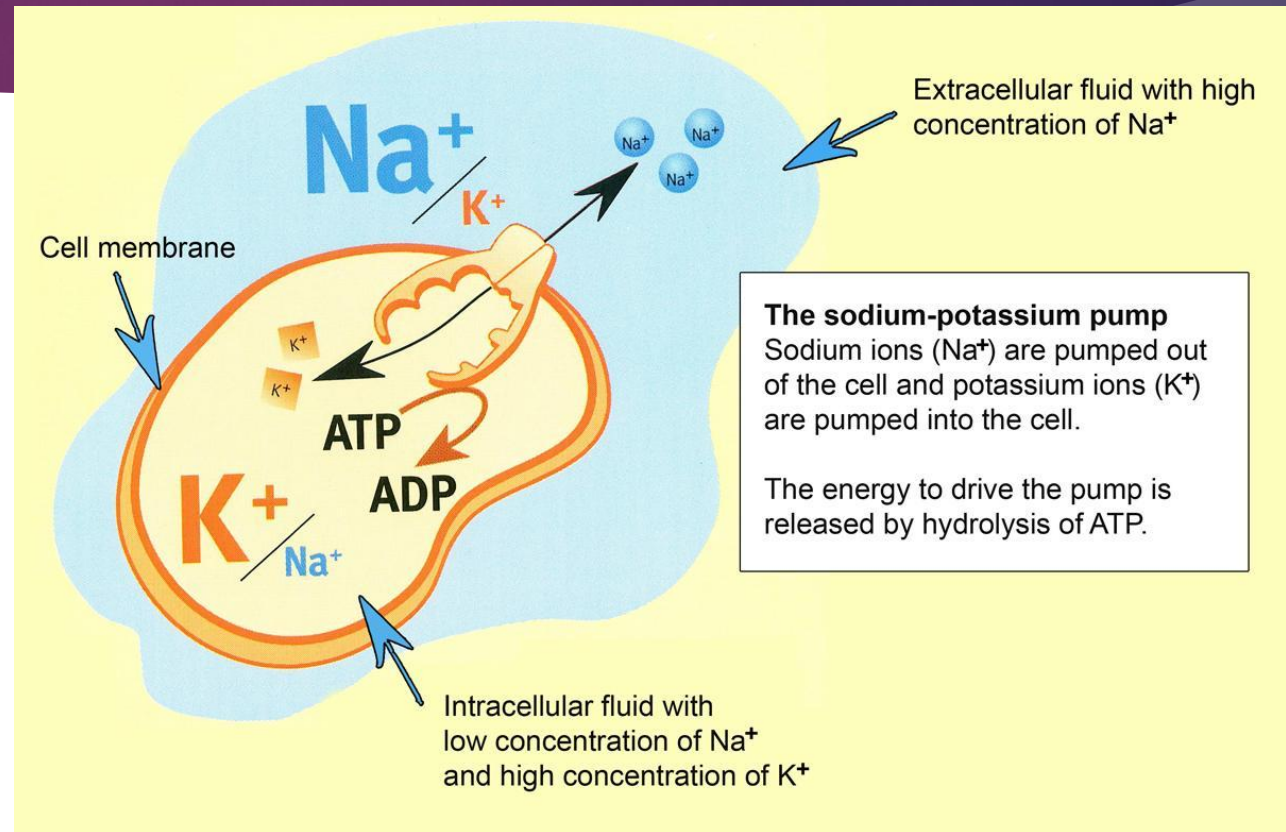
- Study while walking, lying on stomach or back
- Try to write out concepts, ideas, key words etc. with your finger in air.
- Incorporate real work world examples or look up case-studies to remember abstract concepts (case studies)
- Take frequent breaks and move around during breaks

Auditory Learners

- Read notes, flashcard, and textbooks etc. out loud
- Discuss main ideas with a classmate
- Note if you are easily distracted by noise and silence
- Oral repetition is important to digest the information

Visual Learners

- Rewrite notes with symbols, pictures or drawings as possible
- Create visual study aids in multiple colors



Source: University of Cincinnati Learning Assistance Center