NCLEX® STUDY SCHEDULE 2016

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For more information, head to www.picmonic.com
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Hello Future Nurses!

First off, congratulations on reaching this milestone in your nursing education! You have come a long way to get to this point. If you are reading this, you are assessing your options for preparing to take the biggest exam of your nursing career. With so many NCLEX® prep courses available today, it is challenging to identify the best choice. Fortunately you’ve found Picmonic!

Not long after I began using Picmonic during my final semester of nursing school, I soon learned that the gurus at Picmonic had created a tool that was invaluable to nursing students by streamlining their NCLEX® material accessibility. I was amazed at how easy and fun it was for me to learn even the most difficult concepts using the outrageous pictures and stories in Picmonic’s learning system.

By using their 4 Week Study Schedule to organize my daily routine, I was able to work at my own pace, stopping to review when needed, or taking a moment to answer 25-50 extra practice questions from other resources to reinforce the content. I spent less time on my strongest areas which gave me more time to review the Picmonics in weaker areas.

By following the Picmonic four week study plan, like me, you will know you are ready to PASS the NCLEX® the first time. Good luck!

Tanya Powell, RN
Kendall Wyatt, RN

Picmonic Content Director

Kendall is no stranger to the world of standardized testing. As he currently holds dozens of certifications, he has run through the gamut of late night studying, stressful cramming and of course, those grueling testing days a multitude of times. Drawing on his expertise as a licensed EMT, RN and having successfully passed his medicine boards, Kendall has been instrumental in helping both nursing and medicine students thrive with his contributions to the Picmonic Learning System.

He currently resides in sunny Phoenix, Arizona where he works alongside renowned author JoAnn Zerwekh EdD, RN, and the Picmonic Team on a variety of projects that have benefitted nursing students across the U.S.

Marlee Liberman, RN

Picmonic Master Nursing Scholar

As a recent nursing grad, Marlee understands the struggles that nursing school throws at you - not to mention the overwhelming pressure preparing for the NCLEX®! Marlee brings a unique skill set to Picmonic, with her previous degree in broadcast journalism. Her blend of talents provides her with the knack for simplifying complicated concepts and demystifying the world of nursing.

Marlee splits her time between the Arizona desert and the Canadian Rockies, and she hosts Picmonic’s awesome YouTube channel and webinars alongside Kendall.

Tanya Powell, RN

Picmonic Nursing Student Consultant

Tanya, a 2015 ADN graduate, is a new addition to the team of Picmonic Student Consultants. As a recent nursing school graduate and current student completing an RN to BSN bridge program, she understands the stresses of being a student and a nurse. With a background in web and software development and author of a website for nursing students, she has a passion for nursing education in addition to the use of technology for learning. An Alabama native, Tanya currently lives in coastal Georgia with her husband, Kyle, and their dog Pinhoti.
INTRODUCTION TO PATHWAYS

What is it?
Pathways was created to do all of the hard work for you. What do we mean? Well, for starters, Picmonic for Nursing has over 800 Picmonics covering various topics and disciplines. Unless you know exactly where to begin, it can be a little daunting. With our new Pathways feature, we have categorized our Picmonics into the following Pathways:

Course
We know that students are coming from a vast array of schools, so how do we build out a Pathway with respect to their studies? By breaking them down into courses! From Anatomy to Physiology, we have included all Picmonics relevant to that specific course.

Body Systems
Another way to sort out our library into digestible chunks is by body system. Simply pick a system and off you go!

Books
Wouldn’t it be great if you could simply open up your assigned textbooks, select a Pathway, and get cruising on our Picmonics with respect to relevant chapters? At Picmonic, we take boring textbook passages and turn them into unforgettable images.

NCLEX®
If you’ve downloaded this Study Schedule, then chances are you are looking at taking the NCLEX® within the next few weeks or months and want to get right down to it. Fortunately, this Study Schedule utilizes the NCLEX® Pathway, so buckle up!
How does it work?

A Pathway is like a master playlist. If you’re experienced with Picmonic, then chances are you have created a playlist or two to assist in properly categorizing your Picmonics with respect to your studies. If not, then think of iTunes® or any similar music player in which you can create a playlist and have several tracks included.

That’s much better than sorting through 68 Picmonics, wouldn’t you say?

In order to begin a Pathway click on the “Explore” button and you will see the following screen:
As you can see, we are currently in the Nursing Basics category. We see that within the Nursing Basics category, there are 7 sub categories:

1) Nursing Basics (3 Picmonics)
2) Assessments & Vital Signs (7 Picmonics)
3) Communication (3 Picmonics)
4) Culture (5 Picmonics)
5) Lung Sounds (4 Picmonics)
6) General Tests & Procedures (7 Picmonics)
7) Lab Values (32 Picmonics)

Just like we clicked the “Explore” button to get into the Fundamental Review Pathway clicking on the “Explore” button will take us into the first Nursing Basics Path which is also called Nursing Basics.
After clicking the “explore” button you will see the following screen:

Think of this as a preview of what you’re about to Learn, Review, and Master

In this page, you will see the 3 Picmonics that comprise the Nursing Basics Path:

1) The Nursing Process
2) Maslow’s Hierarchy of Needs
3) Patient Position Overview

Each Picmonic has a summary that you can read up on prior to jumping in. Clicking on the “Start Learning” button will open up that selected Picmonic.
As soon as you’re ready to begin, hit “Start Path” and the Picmonic will play.

Here you will begin Learning, Reviewing, and Mastering Picmonic style. Take care to go through each mode to ensure that you are getting the most out of the Picmonic experience.

If you’re brand new to Picmonic, take a few moments to follow the Tutorials, as they will walk you through the entire experience and set you up for successful view of each Picmonic now and down the road.

Completed Picmonics are identified by coloring in the corresponding number. If it’s “Mastered” and colored in, then it’s onward to the next one!

By clicking the “Next Picmonic” button, you will progress through each Picmonic until you have completed that Path. When you get back to the Nursing Basics screen, you will see your progression marked by an orange bar.
As if Pathways weren’t impressive enough, Picmonic offers a lot of content that will assist you in making sure those hard to retain, high yield, and ever so important facts remain with you come NCLEX® time. That is why we have taken relevant clips from our Picmonic Lecture Series and incorporated them into your Study Schedule when relevant.
THE THREE-PRONGED APPROACH

After some exploring, you will no doubt note that Picmonic has a ton of content. But what is most applicable to you and gearing up for the NCLEX® is what is the most important. How you approach our content (and when) will set you up for the best chance of success and that is why we present the Three-Pronged Approach:

1. **LEARN**
   - Picmonic Lecture Series Clips
     - First, *(if available)* you will review one of our recorded webinars that will assist you with an overview of the particular Pathway. In these recorded webinars, Kendall Wyatt, RN, walks you through the high yield facts pertaining to that Pathway and the NCLEX®. These video clips are optional, but if one is available and you have the time, they are highly recommended!

2. **REVIEW**
   - Incorporating Pathways
     - Next, review the Pathway and its related Paths. Take care to follow the Study Schedule as best you can to avoid getting burnt out.

3. **MASTER**
   - Questions
     - Although Picmonic doesn’t offer a Question Bank, we strongly encourage you to venture out and see what others resources are available. There is no substitution for a strong question bank to help you reinforce your knowledge.

Have you signed up for our Question of the Day emails? Be sure to do so by clicking here!
## PUTTING IT ALL INTO ACTION

We know that not everyone will be taking the NCLEX® at the same time, so we’ve taken all of the information presented and spread it out through a 4-week period. This will allow you to tailor your studying sessions and remain flexible in your day to day affairs.

### DAY 1
**PATHWAY:** Fundamental Review > Nursing Basics  
60 Picmonics: 3 Hours 40 Minutes

- Nursing Basics 3 Picmonics
- Assessments & Vital Signs 7 Picmonics
- Communication 3 Picmonics
- Culture 3 Picmonics
- Lung Sounds 4 Picmonics
- General Tests & Procedures 7 Picmonics
- Lab Values 32 Picmonics

### DAY 2
**PATHWAY:** Fundamental Review > Foundations of Practice  
9 Picmonics: 55 Minutes

- Patient Safety 4 Picmonics
- Infection Prevention & Control 4 Picmonics
- Delegation 1 Picmonic

### DAY 3
**PATHWAY:** Perioperative Care > Perioperative Care  
6 Picmonics: 40 Minutes

- Perioperative Care 4 Picmonics
- Drain & Device Care 2 Picmonics

**PATHWAY:** Pharmacology Basics > Medication Administration  
8 Picmonics: 50 Minutes | 1 Webinar: 1 Hour (Optional)

- Basics of Medication Administration 2 Picmonics
- Routes of Administration 2 Picmonic
- Medication Administration 4 Picmonic
- Pharm: Know Your Endings Webinar

**PATHWAY:** Pharmacology Basics > Pharmacology Basics  
25 Picmonics: 1 Hour 10 Minutes

- G Protein Coupled Receptors 4 Picmonics
- P450 Interactions 2 Picmonics
- Toxicities & Reversal Agents 19 Picmonics

### DAY 4
**PATHWAY:** Fluid, Electrolyte, & Acid Base Imbalances > Fluid Imbalances  
5 Picmonics: 30 Minutes | 1 Webinar: 1 Hour (Optional)

- Infusion Therapies 5 Picmonics
- Electrolytes Made Easy Webinar

**PATHWAY:** Fluid, Electrolyte, & Acid Base Imbalances > Electrolytes  
15 Picmonics: 1 Hour 10 Minutes

- Electrolyte Lab Values 7 Picmonics
- Electrolyte Imbalances 8 Picmonics

**PATHWAY:** Fluid, Electrolyte, & Acid Base Imbalances > Acid Base  
9 Picmonics: 50 Minutes

- Acid Base Imbalances 9 Picmonics
ONWARD, TO THE NCLEX®!

If you’re at this point in the Study Schedule, you either skipped ahead, or you have completed all of the NCLEX® Pathways. Either way, click here to access the How to Pass the NCLEX® Guide, another resource to help you get prepared for The Big Day itself!

Final Words from Nurse Marlee

At this point in your nursing student career, you are getting so close to seeing the light at the end of the tunnel. Never thought the day would come, did ya?!

Well, the last and final push is around the corner, and here at Picmonic, we are here to help you pass - no - CRUSH that beast. Now is not the time to give up, my friends. You didn’t get through those rough clinical shifts for nothing. When the times get tough, think of those sparkling letters RN at the end of your name!

Picmonic was created by students for students. We get it. We worked hard to make a study schedule that makes sense for YOU - the busy, overwhelmed, burnt-out nursing student. By breaking our material down into something that is so easy to follow, you won’t even feel like you’re studying.

At the end of four weeks, you’ll be ready to walk in that testing center door confidently, and walk out knowing that you have the greatest email ever on its way:

“We are pleased to inform you that you have passed the NCLEX®-RN…Congratulations in advance on your success!”

Happy Studying!

- Marlee Liberman, RN

CONCLUSION

If you’ve completed the NCLEX® Study Schedule, then congratulate yourself! You have committed to and completed over 50 hours of studying, watched over ten hours of video footage, and more!

Moving forward, we strongly advise that you read the How to Pass the NCLEX® Guide to ensure that you do everything you can to pass. Stay positive! It won’t be long until you see the “RN” letters after your name!