

Nursing School Thrive Guide

Pre-Semester Checklist

- Go shopping for staples
- Clean thoroughly
- Get rid of clutter
- Plan ahead meals and freeze
- Plan out a strategy for lunches/snacks
- Set up your wake-up call service (if using)
- Automate your life
 - autopay bills, set appointments, schedule wake up calls, arrange for shipment of often-used items, etc...
- Get the gear you need
 - Backpack (rolling recommended)
 - 2-inch binder x 2 (one for daily use, one for clinical)
 - 4 to 5-inch binder (The Mega Binder)
 - Packet of colored paper (one color per class)
 - Page tabs
 - Page flags
 - Pocket dividers for your binders
 - Highlighters in various colors
 - Mini stapler
 - Mini 3-hole punch
 - Staple remover
 - Pens (look for something that flows smoothly)
 - Mechanical pencil, lead and eraser refills
 - Calculator
 - Planner/calendar
 - Reference books or apps (pharmacology, lab)
 - NCLEX book(s)
 - Spare phone charger and ear buds
- Set up your daily binder
- Set up your clinical binder
- Create your master schedule from your class syllabi
- Color code your syllabi, staple together, place in planner/binder