

XIV. HOW TO PASS

- You are NOT SUPPOSED to know everything right now.
- You have everything you need to pass if you study the information properly.
- When a question comes up on the screen at the testing center, this is what you need to be thinking to answer correctly:
 - I know my core content and nothing is going to change my mind about it.
 - I am going to think like a brand new nurse with 2 weeks of vast nursing knowledge.
 - I will think NCLEXY; I will assume the worst, fix the problem, and not be a killer nurse.
- You do not have to go back and study all of your notes from school or read your Med-Surg book.
- Nobody can KNOW that much information.
- YOU do not have to know that volume of material because the NCLEX® people know you are a BRAND NEW NURSE.

But you better know this material, and I mean ALL OF IT!

Ways to study:

1. Repetition, Repetition, Repetition
2. Once you think you know a topic (like FVE) write out skimpy notes with just cue words on it and see if you can lecture.
 - When you are looking at your cue words, is anything coming to mind?
 - Nothing coming into your mind..... you need to study more!

Example:

Fluid Volume Excess

- Another word for it?
- What is it?
- CHF?
- Renal Failure?
- Aldosterone?

-If you cannot look at these words one at a time and hold your head up and lecture on it OUT LOUD, then you need to study more.

3. Record yourself lecturing on one topic at a time.

- Listen to self _____; Listen for your _____
- Check yourself against your notes to see what you are leaving out
- If you can _____ it, you can _____ it!
- I have said things a CERTAIN way on PURPOSE.....you need to say it that way too!

4. The “Why?” question

- Do you know the Whys behind S/S, causes, and interventions?

5. Study at least the Med-Surg with a friend who has taken the Hurst course with you.

6. Practice studying the **right way**:

- RULE: If you learn this information the way we are telling you, then you will be able to pass the first time.

Let's practice

- Tell your friend how HF causes FVE.
- Tell your friend how aldosterone can cause shock.

7. Review your Resource Documents through your online account at www.hurstreview.com. Do not try to memorize all the documents but use them to refresh your memory on things you know that you are weak in. We just made these documents available so you wouldn't have to look it up!
- This is the icing on the cake
 - There is a LOT of information here...you do not have to print out every document unless you want to.
 - Study the Pharmacology handout as you study the core content. If you are studying cardiac content, study the handout section on cardiac at the same time.
 - Be sure to watch the OB, Complications of OB, Pediatric lecture, and the Management and Delegation lecture, and fill in your student pages in this book.
8. Take your Q-Review test when you know your core content material without a doubt and hesitation. You only have six, so don't take them until you are prepared.
- Don't get caught up on what percentage score do you need to make on the Q Test, because remember that is not how the NCLEX is graded. Just do your best and review the questions so you will know why you missed the ones you did.
 - There is no percentage that says you will pass or fail; this is practice!
 - We are not a question based review; we are a core content based review.
- Don't put too much emphasis on taking more and more tests.
9. Are you going to get questions on topics you've never heard of before?
- Can I still pass?
 - If I haven't heard of it...nobody else has either!
10. If I purchase every NCLEX® question book in the world, will I have all of the questions?

- 11.** When I select an answer, will I feel confident I got it right?
-You must not get upset if you are not feeling confident.
- 12.** If you study properly, the higher the level of questions you will get, the worse you will feel, and the better you'll do on the test!
-If all the answers look right you either haven't studied or you are in the higher level questions.
- 13.** Studying properly will keep you out of the low level questions.
-Low level does not mean easy.
-These are the hardest ones because they are memorized facts.
- 14.** The test is testing for MINIMUM competency.
-In other words, the absolute minimum you must be before they will turn you loose on the general public.
-You do not want to be just minimum!!
- 15.** You will never be more motivated than you are right now to pass.
-Have a new job
-Have a new car note
-Your family is excited for you
- 16.** Major life events
-If you are getting married or divorced, if there is a death or sickness, then these are distracters. (Many unpreventable)
- 17.** You will have a wide range of emotions when you come out of the test you may feel mad, depressed, or sick (some are in a trance-like, catatonic state....approach with caution!).
- 18.** Alternate format items; Innovative items

Alternate item formats may include:

- **Multiple-response items** (Select all that apply) require a candidate to select a minimum of two correct options from a list of five to six options. The final answer is either correct or incorrect; NO partial credit given.
- **Fill-in-the-blank items** require a candidate to type in number(s) in a calculation item.
- **Hot spot items** ask a candidate to identify one or more area(s) on a picture or graphic.
- **Chart/exhibit format:** Candidates will be presented with a problem and will need to read the information in the chart/exhibit to answer the problem. You do not have to read all the exhibits, but remember if the data is there, it is important to answering the question. So open and read all exhibits.
- **Audio item format:** The candidate is presented an audio clip and uses headphones to listen and select the option that applies.
- **Graphic Options:** Presents the candidate with graphics instead of text for the answer options. You will be required to select the appropriate graphic answer.
- **Any item format, including standard multiple-choice items, may include multimedia, charts, tables or graphic images.**

-However, _____ questions on your test will be pilot questions- this is for the RN (these do not count for you or against you and you will not know which ones are pilot questions).

-The LPN will have 25 pilot questions.

-All of these may be innovative items which would make you think you had 17 of these types of questions.

-Remember, just because a question has a chart or graph, that does not mean it is an alternate format item.

-Charts and graphs have been on the test forever.

-Now, you may not get any alternate format question at ALL...that does not mean you did not do well on the test...that just means you were lucky and did not get one of those types of questions.

-You can review examples of these questions at www.ncsbn.org

-Your priority question is _____.

19. Is it true that every so many people that come through the doors of the testing center will get the whole test?

-The _____ of questions you get depends on how you are answering the questions.

20. Will my friends be encouraging to me after they take their test?

21. I'm on 180 and I only have 5 minutes left....what do I do?

- a.** Start clicking C like I did on the ACT®
- b.** Slow down

Obviously you must have been doing ok or the computer would have ALREADY cut off.

For the computer to still be ticking along you were still in the ballgame and CLOSE to passing.

You just needed to get a few more right at that point.

22. What if my computer goes past the minimum number? In other words, what if it doesn't cut off at 75 for RN or 85 for PN....what should you tell yourself?

-For every additional question you get past 75 (85, if you are a LPN) you are still in it, even if it goes all the way to 265 (205, if you are a LPN).

23. What if I take the whole test...can I pass?

24. What is the #1 reason people fail boards (and it is NOT testing anxiety)? Knowledge Deficit!!!!

On the next few pages, you have **Hurst Strategies**. We have divided them into two categories...Core Content Strategies and Testing Strategies.

If you want something to read the day before you take the test, these things are good tips for you to remember.



Hurst Review Strategies

Testing Strategies:

1. If it is an option in the question, I have an order for it.
2. The NCLEX hospital is perfect, and you have to care for only one client...the one on the screen.
3. Drug calculation problems or fill in the blanks will tell you exactly how many spaces past the decimal point that they want. All you must remember is to round off at the end.
4. There is no fluff content in a question; if data is there, you need to know it to answer the question or it would not be there.
5. Least invasive first.
6. If you have never heard it, don't pick it.
7. Do not pick an answer that delays care or treatment.
8. Never pick an answer that does not allow your client to speak.
9. Select a client focused answer.
10. With priority questions...Remember, you can only send one message to the NCLEX lady...so you must pick the "killer answer".
11. There will not be a test question unless there is something to WORRY about.
12. Assume the WORST.
13. Only call the physician if there is NOT something that you can do about the problem as a nurse.

14. Like illnesses can be put in the same room together.
15. If there are any long term consequences to your client with the answer you pick, you should not pick it.
16. If you see words like “assessment” or “evaluation” in the stem of the question...think signs and symptoms.
17. You will report something “new” or “different” or “possible” to the next shift nurse.
18. If you can narrow the answers down to 2 answers...pick the most life threatening answer.
19. Never pick an answer that puts off work on someone else.
20. Never pick an answer that ignores or brushes off the client’s complaint.
21. If the answer is not applicable to the situation, don’t pick it. Airway may not be appropriate to the situation!!!
22. When answering “**select all that apply**” questions look at each option as a true false question...If the option is true, then select it as a correct answer.

Core Content Strategies:

1. Pain never killed anybody
2. Never release traction UNLESS you have an order from the physician to do so
3. Polyuria- think shock first
4. Anytime you see fluid retention...think heart problems first
5. ADH- Think H₂O
6. Aldosterone- Think sodium and water
7. With SIADH- TOO many letters TOO much WATER
8. More Volume- More Pressure
9. Less Volume- Less Pressure
10. Hypoxia may be the first sign of respiratory acidosis
11. With restless client...think hypoxia first
12. Limit protein in kidney clients EXCEPT with nephrotic syndrome
13. If you have a fluid problem... you will do I&O and daily weights
14. Anytime you have a magnesium or calcium question... think muscles first
15. Digoxin + hypokalemia= toxicity
16. You elevate veins and dangle arteries
17. Always worry if the rate decreases below the set rate with a pacemaker

Hurst Review Check List for NCLEX® Success



Complete		Hurst Review Guidelines
		Live Review: While you are attending the live review, please come rested, on time and ready to learn. If you come with an attitude of openness for reviewing the NCLEX® way, you will have a head start on passing the NCLEX® the first time. Listen carefully to your instructor, fill in the blanks, and start thinking NCLEXY. This is the time your critical thinking skills transition from those of a graduate nurse to those of a registered nurse.
Maternity		Specialty Lectures: At www.hurstreview.com you will find access to the specialty area videos and resource documents under My Review . We recommend that you watch the specialty area online lectures of Maternity, Complications of Maternity, Pediatrics, and Management and Delegation as soon as possible after your live review. You have access to these lectures and resource documents for 1 year after your live review or graduation date. A link for <i>Resource Documents</i> , found under My Review , will provide you with additional information on infection control, pharmacology, pediatrics, and other areas that you may want to review. This is icing on the cake and is provided only if you need additional review.
Complications of Maternity		
Pediatrics		
Management/Delegation		
		Online Review of Lectures covered in Live Review: You have access to all lectures by video for 14 days after the end of your first live review. Your online access will allow you to listen to all the lectures as many times as you need for a 14 day period. During this 14 day period, you should devote as much time as you require toward learning core content “without a doubt or hesitation”. You should use all of the techniques that Aunt Marlene has talked about, such as finding cue words on each page and audio recording as you recite the materials. These lectures are accessed by signing into your Hurst account at www.hurstreview.com and clicking on My Review . The 14 Day Access start date will be set by you at the completion of your first Live Review. If you take a repeat review and want access to these lectures again, they can be purchased for a discounted price of \$50 for 30 days.
		Intense Study Time: Now that you have your student book filled out, it is time to study like Marlene instructed. If you have forgotten her hints, re-read your <u>How to Pass</u> student pages for review. No one can tell you how long to study or when you have studied enough, but it should take you a minimum of 2 to 3 weeks to learn it without a doubt or hesitation. Don’t go into the biggest test of your life unprepared.
Q Review 1		Q Review: Once you have learned all of your materials, you are ready to take a Q Review test. The Q Review provides six tests that are 125 questions long. Each test consists of the eight “client needs” categories based on the percentages defined by the NCLEX- RN® Test Plan. Only you know when you have studied properly and know the core content without a doubt or hesitation. Make sure you study the rationales and know the rationale behind the right and wrong answers. You can access these tests through the <u>Q Review</u> link for one year after your live review or graduation date. After you have taken all of your tests, you can still access the tests with rationale through your history. A median score of 84/125 is common among students who pass the first time. If you are not scoring close to this number, you should study some more.
Q Review 2		
Q Review 3		
Q Review 4		
Q Review 5		
Q Review 6		
Check List Complete?	Meet with the NCLEX® Lady	Date:
Unsuccessful? Contact us at support@hurstreview.com		

How to Pass