**Health Assessment – Student Checklist**

**Action Plan**

[ ]  Obtain a planner and fill out each due date, clinical schedule, and examination days.

☐  Dedicate specific time each day to studying prior to class.

☐   Review and explain key concepts with a classmate or friend after each class.

☐   Be proactive in completing the HESI questions and case studies each week and prior to the due date.

☐   Review specific skills learned from the Nursing Laboratory after each class.

☐   Setup daily review sessions with groups in preparation for each examinations.

☐   Set aside time each week to practice additional HESI questions to prepare for the HESI examination.

☐   Communicate frequently with your professor to ensure you are on track with your degree plan.

**Motivation: You Can Do It!**

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| **Two of my goals are to…** *(read ahead the chapters, summarize class notes, meet with my professor, check ACE Self-Help, etc.)* |
| **Two effective habits I have done are…** *(minimize distractions when studying, follow my schedule/planner, attend tutoring, etc.)* |

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, agree to adhere to this action plan and give this semester my all.**

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**