

NURSING 101: THE BASICS OF NURSING SCHOOL

CNSA
CALIFORNIA NURSING STUDENTS' ASSOCIATION

Breakthrough to Nursing/Image of Nursing Committee
Regina Rivera & Kaitlin Yang, Co-Chairs

INTRODUCTION

Regina Rivera
(she/her)

Graduating with my BSN from CSU
Fresno in May 2025!
Italian Studies Minor
Interest: Emergency Dept
Hobbies: rock climbing & hiking



Kaitlin Yang
(she/her)



Graduating with a BSN from CSU
Fresno in May 2025 <3
Gerontology Minor
Interested in ICU / PICU
Hobbies: Hiking, trying new
matcha places, & reading

BREAKTHROUGH TO NURSING COMMITTEE



DISCLAIMER:

Take our advice with a grain of salt! We are simply nursing students and are not representative of all nursing school experiences, but hope that you can benefit from our personal words of wisdom based on our own experiences.





DESCRIBE NURSING IN ONE WORD!

Type your answers in the chat!



WHY NURSING?



- Patient-centered
- Rewarding
- Flexiblity
- Autonomy



WHY NURSING?

So many different specialties to go into!

Burn care nurse, domestic violence nurse, genetics nurse, nurse attorney, psychiatric nurse, cardiac care nurse, flight nurse, geriatric nurse, nurse practitioner, public health nurse, certified nurse midwife, forensic nurse, military nurse, obstetrics nurse, rehab nurse, aesthetics nurse, clinical nurse specialist, nurse researcher, NICU nurse, oncology nurse, school nurse, nurse educator, certified registered nurse anesthetist, pediatric nurse, trauma nurse, emergency department nurse, critical care nurse..

and the list goes on!



PATHWAYS INTO NURSING

LVN (Licensed Vocational Nurse) – 1-2 Years

- LVN → ADN 1 year

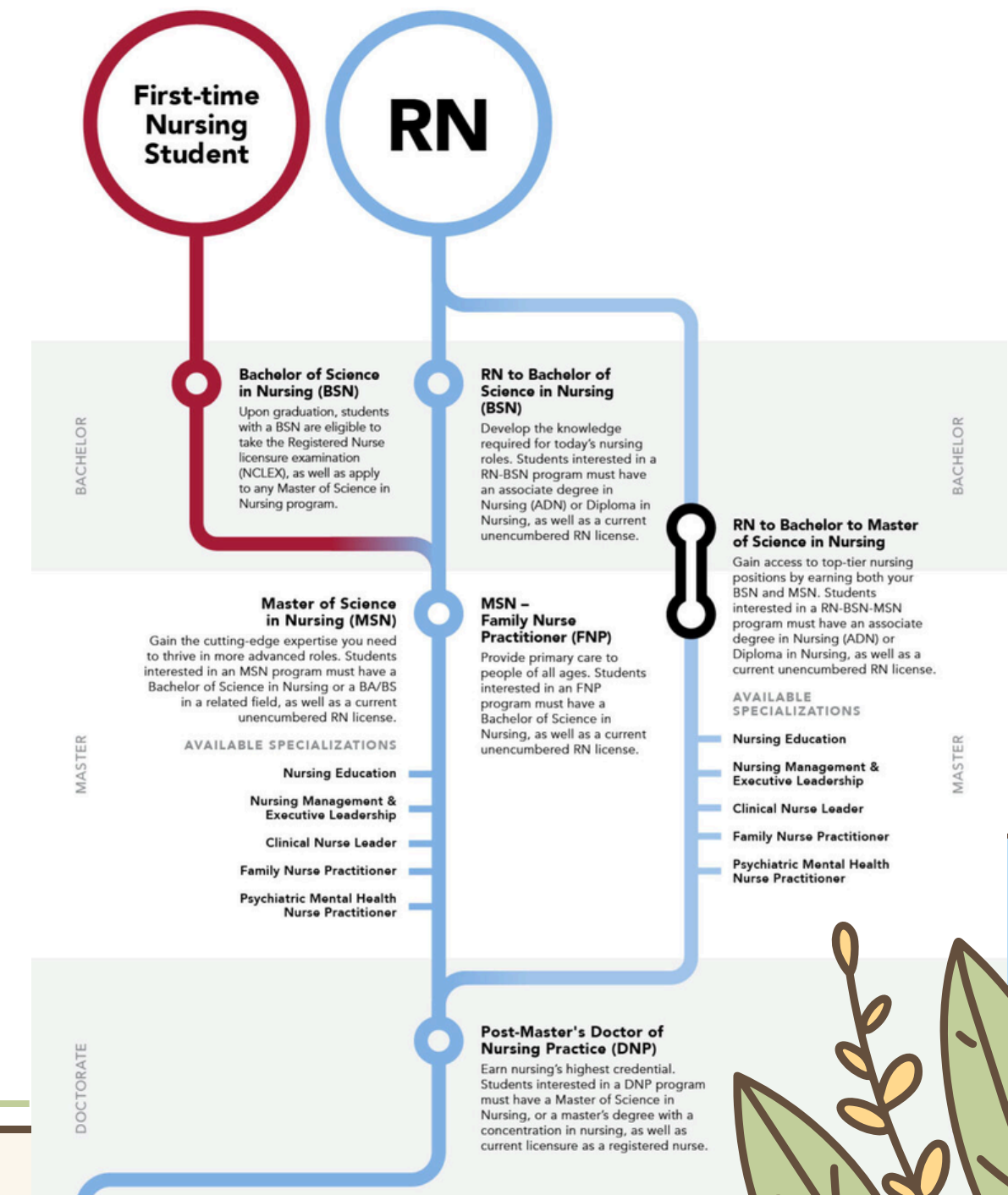
ADN (Associate Degree in Nursing) – 1-2 Years

- BSN + ADN concurrent

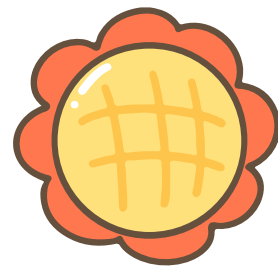
BSN (Bachelor of Science in Nursing) – About 4-5 years

MSN (Masters of Science in Nursing) – 1-3 years

DNP (Doctor of Nursing Practice) – 3 Years

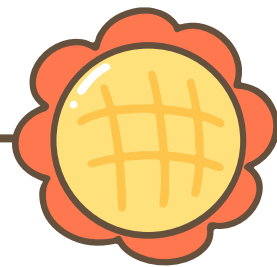


TIMELINE



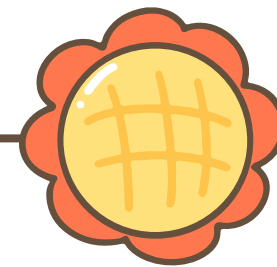
Pre-Reqs

- Research the specific pre-reqs for the schools you're applying to
- Check for overlapping AP credit!
- Anatomy, Physiology, Chemistry, Microbiology, Statistics, etc.

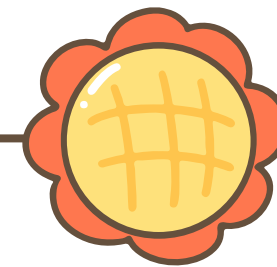


TEAS / HESI

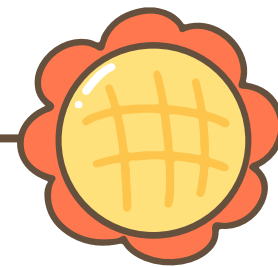
- Check whether your program weighs the TEAS score heavily
- Good study resources:
- ATI TEAS 7 Manual
- Mometrix ATI TEAS 7 Prep Book
- TheTutor_Geek (YouTube)
- TEAS Mastery App
- NurseHub
- HESI – Mometrix HESI A2 study book



Nursing School!



National Council Licensure Examination (NCLEX)



Nurse!



COURSEWORK

CLINICAL ROTATIONS

Geriatric
Medical-Surgical
Pediatrics
Labor & Delivery
Critical Care
Psychiatric
Leadership
Community Health
Preceptorship

LECTURE COURSES

Fundamentals	Labor & Delivery
Pathophysiology	Critical Care
Health Assessment	Psychiatric
Geriatric	Theory/Research
Medical-Surgical	Community Health
Pharmacology	Leadership
Pediatrics	



WHAT YOU NEED FOR CLINICALS



Scrubs



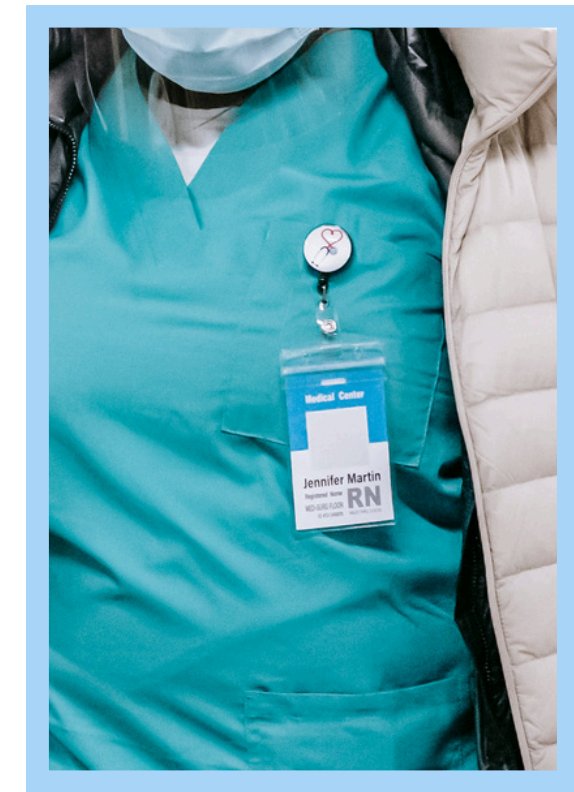
Shoes



Stethoscope



Pens



School/facility
badge

ALSO GOOD TO HAVE:



Notepad



Folding clipboard



Badge reel accessories



Pen light



Water bottle



Cute badge reel



Scissors



Jacket



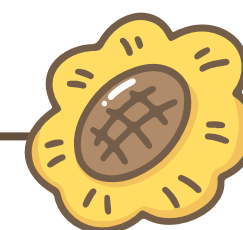
Compression socks



Goggles



CLINICAL DAY



Preclinical Huddle

- Get placed on a unit + get assigned to a preceptor
- Get your assignment for the day

Unit Huddle

- The unit goes over important reminders, unit census

Get report

- Introduce yourself to your patients

Shift Duties

- Vitals
- Assessments
- Med Pass
- Labs
- Education
- Discharges
- Rounds

Postconference

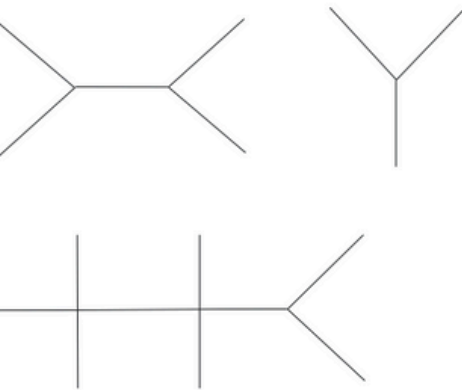
- Go over what you witnessed throughout your clinical
- Some schools have you give report / SBAR

Go Home!



HEAD-TO-TOE REPORT SHEET

RM#	AGE: _____ GENDER AT BIRTH: <input type="checkbox"/> M <input type="checkbox"/> F	FULL CODE / DNR / DNI ALLERGY: _____ ISOLATION: _____ ADMITTED: _____	CARE TEAM: _____	C/O: _____ DX: _____
NEURO GCS: _____ AOX: _____ PUPILS: _____ EXTREMITIES: _____ TEMP: _____ PAIN: _____		WOUNDS: _____ SURGICAL SITE: _____ EDEMA? Y / N LOCATIZED Y / N ABNORMALITIES? _____		PMHX: _____ IV LINES (P) IV: _____ CVC: _____ A LINE: _____
CARDIAC HR/RATE/ RYTHM: _____ BP PARAMETERS (MAP GOAL): _____ PULSES (STRENGTH) RADIAL: _____ DORSALIS PEDIS: _____ CAP REFILL: _____		WEAKNESS: _____ RUE / LUE / RLE / LLE NUMBNESS: _____ RUE / LUE / RLE / LLE		DRIPS/MED
RESP ROOM AIR / O2 @ _____ L NC / NRB / CPAP / BIPAP / TRACH CHEST TUBE R / L: _____ LUNG SOUNDS: _____ O2 SAT: _____ COUGH: Y / N PRODUCTIVE: Y / N SECRECTIONS: Y / N LOCATION: _____ AMOUNT/ COLOR / CONSISTENCY: _____		SKIN WOUNDS: _____ SURGICAL SITE: _____ EDEMA? Y / N LOCATIZED Y / N ABNORMALITIES? _____ DRAINS: _____		
GI DIET: _____ NG / OG / GTUBE LENGTH: _____ TUBE FEEDING (RATE & GOAL): _____ RESIDUAL: Y / N ABDOMEN: _____ BOWEL SOUNDS: _____ LAST BM: _____ PASSING GAS?: Y / N		BLOOD SUGAR CHECK: Y / N AC & HS / Q _____ RECENT TRENDS: GU VOIDING / FOLEY / INCONTINENT/ ANURIA CLEAR / CLOUDY YELLOW / AMBER / BLOODY OUTPUT: DISTENTION: Y / N BLADDER SCAN: _____ DIALYSIS: M T W TH F SAT SUN		

LABS:	TESTS/ RESULTS
	
TO DO LIST:	PLAN OF CARE

MAKING THE MOST OF CLINICALS

- 🌿 Don't be afraid to ask questions!
- 🌿 Try new things (and old ones!)
- 🌿 Your clinical instructor is a valuable resource!
- 🌿 Connect with the staff & managers on the units!



SIM LABS



Great opportunity to practice being the nurse!



Just stay calm!



Safe place to make mistakes & learn from them!



EXTERNSHIPS



Work-study course offered by a nursing program



Opportunity to obtain hands-on clinical exposure and experience under the supervision of an RN preceptor



May apply through the agency or school



Varying pay & term-length



SCHOOL STUDY TOOLS

Level Up RN (YouTube)

1



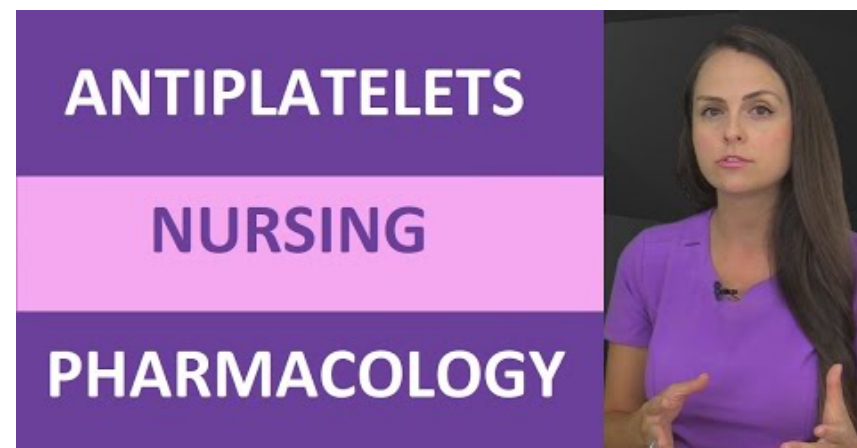
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SimpleNursing (YouTube)



Registered Nurse RN

3



Nexus Nursing

4



NurseInTheMaking

5





NCLEX STUDY TIPS



Nursing school does the best to prepare you for the NCLEX!

- a. ATI
- b. Kaplan, Hesi



Archer Review

- a. Resembles NCLEX style questions and has good readiness exams



UWorld

- a. Has good in-depth rationales; more challenging questions than on the NCLEX



Mark Klimek lectures, NCLEX Bootcamp



STUDY GROUPS



Learn the material before studying with others!



Whiteboard!



Quiz each other & explain rationales!



CALIFORNIA NURSING STUDENTS' ASSOCIATION

Mission: California Nursing Students' Association is a statewide community advancing the transition of the student to professional nurse through leadership development, education, mentorship, advocacy, activism, and stewardship.



Various Zoom sessions (Mental Health Workshops, Council of School Leaders, etc.)



Connecting nursing students across the state & country



Mentorship opportunities



CNSA BENEFITS



1. Scholarship opportunities
2. Graduation cords



3. Discounts on school supplies, travel, insurance.
4. Community outreach



5. Leadership development
6. Access to NSNA magazine, Imprint



CNSA CONVENTION

November 14-16, 2025 in Town and Country Resort in San Diego, California



Educational sessions on all things nursing & nursing school!



NCLEX Review



House of Delegates



Networking with nursing leaders of the future



Leadership development

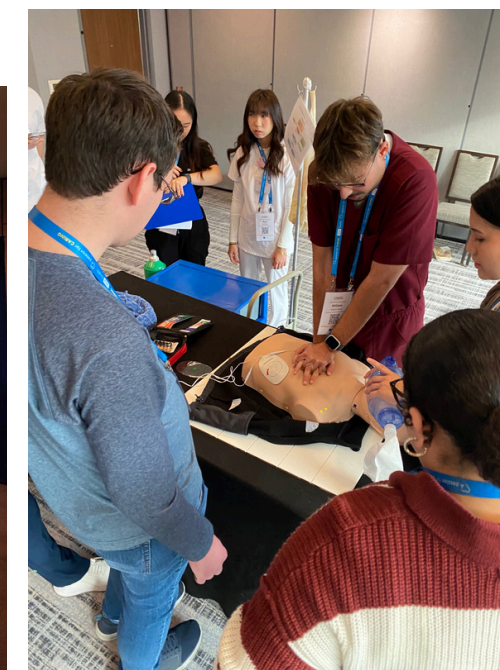




Awards, scholarships, and free goodies



CNSA CONVENTION

Past Conventions







PARTING ADVICE...

Regina:

- Remember, you're a human first, and student second!
- Be patient and open-minded
- Remember your *why*!

Kaitlin:

- Try your best to enjoy your journey in becoming a nurse!
 - If you are struggling remind yourself why you became a nurse <3
- 
- 



THANK YOU

Any questions? Comment them in the chat!

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Kaitlin - kaitlin@cnsa.org