Get ready for your first year of nursing coursework!  
Brought to you by the UWB Nursing Club!

1. Know where the office is!  
   - UW1-211, School of Nursing and Health Studies  
   - Get to know your advisor and professors, and communicate with them!

2. Use the summer to get ready!  
   - Sleep  
   - Get a good sleep routine!  
   - Eat healthy  
   - Establish a routine  
   - Unplug and get some relaxation time  
   - Stay mentally sharp!  
   - Read!  
   - Study up on math! You need to be ready to crunch numbers and conversions!  
   - Take a vacation

3. Be a savvy-book shopper  
   - Hop on Amazon, eBooks, half price, EBay  
   - Be sure to pick up the right edition!

4. If you procrastinate, start learning how not to!  
   - Learn to manage your time...really!  
   - Make a schedule and stick to it!

5. Look forward to:  
   - Not having to compete for seat with your classmates  
   - Tuition – less at EvCC  
   - Lifelong learning  
   - Tailored curriculum

6. Be ready to maybe feel a bit overwhelmed at times...it is normal and okay!

7. Be ready to commit you time!  
   - 1+2+3 rule: For every hour of class, be ready for about two hours of homework each day!  
   - A professional university degree program is a fulltime job!  
   - Be ready to reduce your social life (it really is worth it! Your true friends will be there when you graduate as a nurse!). Be ready to make new friends!

8. Money!  
   - School is pricey! Search out scholarships!  
   - Limit outside expenses  
   - Bring lunch/snacks!