**Countdown to NCLEX**

**2-3 months**
- Establish a study schedule.
- Become knowledgeable about the exam by visiting the National Council of State Boards of Nursing at [www.ncsbn.org](http://www.ncsbn.org).
- Begin studying your notes and study materials.
- Take practice questions and online exams to become familiar with NCLEX-style questions and computerized testing, and identify your strengths and weaknesses.

**4-6 weeks**
- Focus on your areas of weakness.
- Find a study partner or form a study group.
- Take practice tests. Use remediation tools offered through online resources and book rationales to address your learning gaps.
- Avoid burnout by scheduling time to eat, sleep, exercise, and socialize.

**1 week**
- Take a review test to measure your progress.
- Record key ideas and principles on your mobile device, tablet, note cards, or audiotapes.
- Rest, eat well, and avoid thoughts of the NCLEX during nonstudy times.
- Treat yourself to a special event.

**1 day**
- Drive to the test site; review traffic patterns and plan where you will park.
- Do something relaxing during the day.
- Avoid thinking too much about the test; don’t study.
- Eat well and get plenty of rest.
- Call a supportive friend or relative for some last-minute words of encouragement.

**0 days**
- Eat a nutritious breakfast.
- Wear comfortable clothes; wear layers so you can adjust to fit the room temperature.
- Leave your house early so you can arrive at the test site with plenty of spare time.
- Don’t study.
- Listen carefully to the instructions given before entering the test room.

**Good luck!**