



RN 1 STUDENTS VISITING THE CRISIS CENTER OF TAMPA BAY

# Medical Prep Gazette

September 2013 Edition

OUR MONTHLY PUBLICATION CONTAINING CURRENT EVENTS, INFORMATIVE ARTICLES & NEWS THAT AFFECT OUR NURSING STUDENTS

IN THIS ISSUE

## 12 Things I Learned in Nursing School

by Medical Prep Gazette Contributor

1. **Time is precious.** Make every second count (this is so cliché, but trust me). Laundry will always be there, that test you have on Monday will not.
2. **Do not procrastinate.** Do you have a project due in four weeks? Get started as soon as you are handed the assignment. Being finished with something long before it's due is a huge relief. You will have enough stress; don't add fuel to the fire.
3. **Save everything to a flash drive.** Put this flash drive on your keychain that is with you daily. You never know when a paper will be misplaced, forgotten, etc. A flash drive will become your best friend, and you'll treat it as if it were made of gold. (It is THAT precious!)
4. **Don't burn bridges.** So what if the teacher was wrong? So what if you feel slighted? Don't make a big deal of things. It will help you in the long run.
5. **Go to tutoring.** Are you just not getting something? Sign up for tutoring. There is no shame in needing help. At some point in the program, we all face something we just don't quite grasp. Tutoring will save you in the long run.
6. **Care plans.** Learn to love them. Sorry!

7. **When test time comes around, don't panic.** Make sure to eat beforehand. Going in with a full belly and clear mind does wonders.
8. **Be responsible.** Don't rely on others for assignments. Know what's going on! Keep a calendar with you, so you can write in test dates and assignment due dates.
9. **Don't bring your cell phone into the classroom or clinical area.** Learn to part with that precious gadget. If you must have it with you, place it on silent the minute you walk through the doors. And for the love of Pete, don't text during class.
10. **Learn to delegate time.** Which is more important: going out with family and friends or studying? If you chose the first option perhaps you aren't ready for nursing school.
11. **Just go ahead and deal with the fact that the next year of your social life will be gone.** You may think this is an exaggeration, but it isn't. You will miss birthday parties, dinners, get-togethers and other events. Don't feel bad; it's a necessary evil.
12. **You will gain weight.** Fact. Live with it.



### What Kind of Intelligent Are You?

Harvard professor Howard Gardner has identified eight different types of intelligences that each individual has the capacity to possess. Page 2

### FAST FACTS

# 100%

The MPI NCLEX pass rate for the last quarter. (\*At the printing of this newsletter\*)

### THEY PASSED THE NCLEX IN AUGUST 2013!

- Myrlene Belot, RN
- Tammy Tarbet, RN
- Mara Alcalde, RN
- Catherine Shyngle, RN
- Letarsha Dallas, RN
- Christine Kellogg, RN
- Renee Roberts, RN

# Former Student's Candid Advice on Surviving Nursing School

by Piper Smith

Paul Dang, RN, a former student of Medical Prep Institute's RN 1 graduating class recently visited MPI's RN-3 Pharmacology class for some much needed encouragement and words of wisdom. His speech was geared toward emphasizing and maintaining focus as well as making good study habits a top priority for new nursing students.

Paul spoke from his own experience of working full-time being a husband and father to three small children however still finding ways to focus and dedicate himself to his studies and his classes. Although he said that



his Medical Surgical course was his toughest class- he didn't downplay the rigors of Pharmacology.

With his quick humor and relatable personality, the students found him to be a breath of fresh air and a source of sound

advice, especially for those struggling to survive nursing school and the coming days ahead.



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## What Kind of Intelligent Are You?

### Summaries of Eight Intelligences:

1. **Visual/Spatial** - Involves visual perception of the environment, the ability to create and manipulate mental images, and the orientation of the body in space.
2. **Verbal/Linguistic** - Involves reading, writing, speaking, and conversing in one's own or foreign languages.
3. **Logical/Mathematical** - Involves number and computing skills, recognizing patterns and relationships, timeliness and order, and the ability to solve different kinds of problems through logic.
4. **Bodily/Kinesthetic** - Involves physical coordination and dexterity, using fine and gross motor skills, and expressing oneself or
5. **Musical** - Involves understanding and expressing oneself through music and rhythmic movements or dance, or composing, playing, or conducting music.

6. **Interpersonal** - Involves understanding how to communicate with and understand other people and how to work collaboratively.

7. **Intrapersonal** - Involves understanding one's inner world of emotions and thoughts, and growing in the ability to control them and work with them consciously.

8. **Naturalist** - Involves understanding the natural world of plants and animals, noticing their characteristics, and categorizing them; it generally involves keen observation and the ability to classify other things as well.

### FAST FACTS

27-35 %

The expected rise in demand for registered nurses in the 21<sup>st</sup> century.