

NR103: The Language of Healthcare

Module 1:

Successful Student

➔ Tips to be a Successful Student

- » Incorporate the personal qualities of successful students into your routine.
- » Identify ways to increase your study effectiveness.
- » Explore alternative ways to take notes.
- » Reduce distractions while studying.
- » Discriminate between the levels of test items common in nursing examinations.

➔ Qualities of a Successful Student

- » enthusiasm to succeed
- » commitment to learning
- » self-motivation
- » confidence
- » effective communication skills
- » compassion

➔ Learning Domains

- » Cognitive: Cognitive learning is based on the acquisition of knowledge—exploring thoughts, ideas, and concepts. This is acquired through words and pictures, thinking, and problem solving.
- » Psychomotor: Psychomotor learning is concerned with the development of skills and the learner is actively involved in hands-on activities.
- » Affective: Affective learning is concerned with the development of attitudes, feelings, and emotions.

➔ Time Management

» Self-Discipline:

- **The ability to say no.**
- **The ability to avoid time traps.**
- **The ability to self-motivate.**

» Overcoming Procrastination