Factors Affecting Nursing Student Success

Before you enter the nursing program at Cuesta College, you need to plan ahead in order to avoid common barriers to success. Possible areas for concern include:

- **Time management skills**
  Are you always late? Do you procrastinate? Do you sometimes forget to turn in assignments?

- **Study skills**
  Do you always wait until the last minute to cram before a test? Do you frequently feel like you know the information, only to be surprised by what was on the test?

- **Stress management skills**
  Do you suffer from test anxiety? Do you constantly feel stressed and anxious? Are you overwhelmed by school?

- **Expectations of nursing school and the nursing field**
  Have you ever volunteered or worked in a healthcare setting? Have you spoken to nurses and other healthcare professionals about their careers?

- **Family responsibilities**
  Do you have adequate childcare? What will you do if your child is sick?

- **Access to a computer**
  Do you have a computer at home or do you have transportation to school so you can use campus computers?

- **Outside work**
  How many hours will you be working? Do you need to consider financial aid options?

👍 **The good news is that you HAVE TIME TO PREPARE!**

Cuesta offers the following services to help with many of the issues you might face as a nursing student. Why not use the waiting list time wisely and address some of the issues now?

- **Academic Support Center:** Tutoring services and workshops on test anxiety, overcoming procrastination, effective study strategies, maximizing memory, staying motivated, etc.
  [http://academic.cuesta.edu/acasupp/](http://academic.cuesta.edu/acasupp/)

- **Coursework:** Such as ACASK 20 Learning Essentials for College Survival, ACASK 25 College Success, ACASK 27 Test and Performance Anxiety, ENGL 1C Critical Thinking, PHIL 8 Logic

- **Campus Resources:** Such as Disabled Students Programs and Services (especially if you think you might have a learning disability), Health Services (free personal counseling), Financial Aid, and academic counseling. Visit [http://www.cuesta.edu/depts/](http://www.cuesta.edu/depts/) for links.