

**Assignment 2: Study Plan**

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## **Assignment 2: Study Plan**

It is important to ensure one is adequately prepared and have a comprehensive plan in place for exams so that the chances of passing are increased. For adequate preparation for the exams, I would review results from the week two exams to foster my preparation before the exam. This will be instrumental to help me identify areas that I did well and areas that I need to improve my efforts to increase my chances of passing the exam. I will identify both opportunities and areas of opportunities for proper preparation for the exams upcoming. I would identify areas that should be given more focus when it comes to the identification of areas that I should make improvements on. This assignment presents a review of week two exam results and identifies strengths and weaknesses. The assignment also involves a formulation of study plan based on weaknesses and strengths identified from week two exam results. This would help formulate a sound preparation plan for the upcoming certification examination. The assignment also presents a description of study resources that will help accomplish the goals and activities that will be presented.

### **Strengths and Opportunities for Improvement**

The exam results demonstrated various areas of strengths and various opportunities that would require improvement. The examination results were 62 points out of 100, which illustrates there are serious areas that I need to consider because the score was almost below average. The areas of strength are those where I felt the results reflected excellent performance and required no further refinement. The exam results indicate that some areas had a high score and would need no further content evaluation to improve the scores. I have a grasp of areas such as physiology and theories of psychotherapy as a nurse. I can comfortably apply this knowledge in the healthcare environment. I have grasped the scope of other areas like working in a collaborative healthcare

environment and providing patient-centered mental health services. Therefore, I would require less time reviewing these areas.

However, there are areas that I need to improve in my preparation for national exam. I need to expand my scope of these areas to be familiar with the requirements of the national exam. These areas are weaknesses to my performance and avail an opportunity for improvement. I would be required to review these areas so that I can register good scores in my national exam. One area that I need to improve on is the clinical laboratory reasoning. I also felt that an area such as pharmacotherapies and physiology of mental health diseases is yet to be well grasped. I need to allocate more time to master the content in these areas. This will be a great way of ensuring I am well prepared for the exam. My results from week two test signifies that I need to put more time in my revision and reading of the identified areas to ensure I have the required knowledge to apply during the coming national exams. If I have a high knowledge base, it would be more effective for my tackling of exam questions as I noted during the week two exam. I also need to have a review for questions that I had knowledge but were never answered correctly. This would help me avoid similar mistakes in my national certification exam (Abdullah & Chan, 2018).

The time allocated for the exam was three hours. However, I do not intend to say that I ran out of time because three hours is enough to tackle all the questions. The issue that I had with completing the test was inadequate knowledge in answering the questions. Nonetheless, I need to focus on improving my content in the aforementioned areas of improvement.

### **Study Plan and Smart Goals**

It would be important to formulate a comprehensive study plan so that I can be successful in my national examination coming in a few weeks. I will use SMART goals so that can set specific criteria that would be reasonable and achievable within the limited time. The first thing to

consider is I can study effectively to meet my goals. Secondly, I need to ensure all the required resources are within my reach. I have to ensure the study materials I use are credible and current. This would help avoid irrelevant information that would waste my time. I have to determine if I am meeting my goals, and I can use past exam question to establish whether my goals are being met. I can give priority to my weak areas and review related questions to determine how well I have covered the content. Having guiding questions in place would help avoid wasting too much time on irrelevant questions. I can have a timeframe specified for each particular task and create timeline to review my success and appreciate my achievement (Senevirathne et al., 2020).

### SMART Goals

	Smart Goal	How to Achieve SMART Goal
Specific	Ensure I improve my knowledge to perform better so that I can pass my national certification exam to become a nurse.	Have a timetable that would be followed while reading on each specific area. Based on my strengths and weaknesses identified the plan will integrate the areas that I appear to perform poorly.
Measurable	I am working hard to ensure I achieve credit in my certification exam.	Work in week areas that were identified in my week two test so that I can increase my performance I certification exam.
Achievable	I will cover a topic in each of my weak points. I will also seek assistance from my instructor where necessary. I will also have weekly meetings with my peers for discussion.	Arrange for a weekly meeting with peers to sum up the topic that was covered during the week. Call instructors and make arrangement for meeting when necessary.
Realistic	I will focus on what I need to do to achieve my goals and avoid behaviors that would make it impossible for me to live according to the plan.	I will have a time to assess my pasty study habits and how they have been influencing my success in week two exam.
Time Bound	I will cover all the identified areas within the eight weeks	Have each area addressed every week and evaluated to

	remaining to exam.	ensure al weaknesses are addressed within stipulated time.
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### **Resources**

To ensure the goals identified are achieved, there are resources that would be used to ensure I pass my certification exam. I will use the guidelines for class that specify the resources that need to be used in order to pass certification exam. Online books as well as those available in print format from the library will be used. These books provide effective information that can guide my study in the area of pharmacotherapy. I can also set time to attend various medical conferences that would help improve my knowhow, because they may help me understand how certain clinical theories are used in real patient care. Different research articles are also available and I will use them to access information that is not available in books, especially in relation to evidence-based literature. I will also have a review book where I record my scores on each goal achieved to ensure I am adequately prepared to handle the national exam. Communication with peers and instructors will also place a central role in achieving my goals (Aung & Jamal, 2018).

## References

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