



I didn't pass NCLEX - What Next?

Struggling with the NCLEX can be overwhelming and isolating. You are not alone! 10 - 15% of nursing graduates nationwide don't pass the NCLEX on their first try.

We specialize in personalized NCLEX coaching, using evidence-based strategies uniquely tailored to each individual's needs. Here are tips to guide you on your journey for NCLEX success.

1. Be Kind to Yourself

Don't be hard on yourself. Not passing NCLEX doesn't define your future as a nurse.

2. Think about thinking

NCLEX success is more than memorizing content. Apply a critical thinking mindset to discern what went wrong and use that same critical thinking mindset in retest preparation and when reviewing question rationales. Understand it well enough so that if the question was asked in a different way, you'd still be able to get to the right answer.

3. Adopt lifestyle practices that support NCLEX success

- ★ Get enough sleep (8 hours a night is the goal!)
- ★ Eat a healthy diet; limit processed foods, sugary foods, caffeine and alcohol and include healthy brain foods like fish, beans, nuts, and greens.
- ★ Get physical activity. This helps your brain and your mood.
- ★ Give your brain rest using a practice that works for you; meditation, mindfulness, yoga, journaling are some examples.
- ★ Stay positive. You can do this! A positive mindset will support your success.

4. Understand what went wrong

If you had 85 questions on your NCLEX attempt, you have knowledge gaps. Knowledge gaps require time and intention for your retest. You cannot fill in your knowledge gaps by taking hundreds of questions and reviewing rationale. Apply your critical thinking to learning and make sure you understand the content in the questions you are reviewing. Can you explain “why”?

If you had 150 questions, you were in and out of the passing level. Test anxiety, loss of focus, minor knowledge gaps or test taking strategy might have been factors. Discern what impacted your ability to stay above passing level and commit to addressing that in your retest preparation.

5. Commit to a study plan schedule

Write a schedule for your NCLEX retest study prep activities that is realistic and aligns with your goals.

If you have knowledge gaps, you will need study time to fill in those gaps.

If your biggest issue is staying focused, you need to schedule blocks of time for practice tests to train yourself for staying focused during testing.

Stick to your schedule. This will help your confidence in your ability to succeed.

6. Use a reliable prep resource for question practice

Pick ONE good NCLEX prep resource, use it and trust it. There is no value, only confusion, to using multiple resources.

7. Use your NCLEX prep resource to determine your readiness

Take every practice test as if it was your real NCLEX test. Know the benchmark for readiness based on the prep product you are using. If you are not **consistently** hitting that benchmark, you're not ready to retest.

8. Use practice tests to identify knowledge gaps

NCLEX is about demonstrating your thinking in NCLEX content. You can't get by focusing on your strong areas and neglecting topics you have little interest in. When you use a reputable prep resource you will have the full scope of NCLEX content and you need to be sure you are reaching the benchmark in each Client Needs Category.

9. Consider purchasing “Overcoming NCLEX Failure: A Guide to Retest Success.

This book provides a comprehensive step by step guide with solutions for analyzing your retest prep needs, filling in your knowledge gaps, and addressing test anxiety.

10. Contact us for coaching to get you on track for success.

Unless you are absolutely certain where you went wrong on your previous attempt, don't do the same thing again and hope for a different outcome. Working with us to help you identify and fix what went wrong is the best money you spend on your NCLEX journey.