📘 NCLEX Retention Toolkit

Make It Stick — Not Just Covered

🧠 Page 1 — Welcome + How to Use This Toolkit

This Retention Toolkit helps you go beyond passive study and actually retain what matters.
Use it to:

- Identify what you *think* you know — vs what you *can* explain
- Practice test-style thinking
- Reflect and adjust with each study session

If your goal is long-term recall and clinical judgment — this is your daily companion.

📊 Page 2 — Retention Reality Check

Choose a topic you studied this week.
Without notes, complete this:

Topic: _____
What are 3 key facts or signs/symptoms?

1. _____
2. _____
3. _____

What patient scenario might require this knowledge?

What could go wrong if you missed it on a test or shift?

Now compare to your notes or resources.
What did you get right? What did you forget?

🧪 Page 3 — Practice Scenario Drill

Mini Case Study:
A patient with chronic kidney disease has missed dialysis and presents with muscle weakness, palpitations, and confusion.

Recognize Cues:
List 2+ signs/symptoms from the prompt:

What condition is likely causing this?

What labs would you expect?

What's the priority action?

Why is that the priority?

🗣️ Page 4 — Teach It Back (Retention Test)

Topic: _____

Explain this concept like you're teaching it to a new student.

Link it to real patient care or a test scenario.

If you struggled — that's a retention gap, not a failure. It's where to focus next.

🔁 Page 5 — What I Missed (Mistake Recovery Sheet)

Test question I missed:

What did I choose (and why)?

Why was it wrong?

What was the correct answer — and why?

What concept do I need to review?
