



SCORE Strategy for Success: Conquering Your Next Goal

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PROBLEM

- The struggle with prioritization applies not only to NCLEX preparation, but also to the navigation of busy lives of students and faculty. What is prioritized in our lives does not always align with our overarching goals.
- Students need a structured approach to goal setting, time management and self-evaluation.
- There can be a gap in communication between students and educators when preparing for NCLEX; this also applies to Capstone.
- Students frequently struggle to see their progress over time and become discouraged.

SOLUTION – SCORE STRATEGY

- Provides a structured approach to time management, prioritization, and goal setting
- Success and strengths based
- Integrates short- and long-term goals
- Students identify challenges and opportunities to improve
- Allows faculty to see and assist with student progress or problems in near real time
- Students evaluate their own progress
- Fosters intrinsic motivation

168 EXERCISE AND SCORE STRATEGY FOR SUCCESS

168 Exercise

- 168 hours in a week
- List current top 5-7 goals
- Estimate time requirement
- Create a spreadsheet – days of the week across the top, 24 hours of the day down the left side
- Fill in the spreadsheet with the goals and time requirements
- Include flex time

SCORE Strategy for Success

- Focus on **S**uccesses – areas of strength and gratitude
- Identify **C**hallenges – areas they are struggling with
- Brainstorm **O**pportunities to conquer above challenges
- **R**esults oriented - create a quick turnaround SMART goal
- Document **E**vidence of learning and growth; students describe what they have learned and how they have grown in knowledge and skills

ATI NCLEX PREP & SCORE STRATEGY

- Students complete SCORE Strategy for Success guided reflections after various ATI assignments and the Comprehensive Predictors. Students identify:
 - **S**uccesses – content areas that are strengths
 - **C**hallenges - areas they need to improve on
 - **O**pportunities to improve based on ATI product offerings
 - **R**esults – set a short-term SMART goal for content mastery
 - **E**vidence of learning and growth - describe what they learned from the ATI assignment or Predictor

STUDENT FEEDBACK

"For most students, senior year is an exciting time of change and growth, but for me, it was particularly anxiety provoking. I had a busy life and was worried I could never find time to prepare for my RN examination. Professor Reiss tasked us with completing our own 168, an exercise to help structure our goals and organize our study time. This presented a new perspective of looking at the week. I realized how many hours of my day were wasted and I found ways to utilize those hours to my benefit. The SCORE strategy helped me celebrate my successes and identify my opportunities for improvement. Being able to see that improvement throughout the semester motivated me and increased my confidence."

-Riley Hockaday BSN, RN, 2022 Graduate

FACULTY FEEDBACK

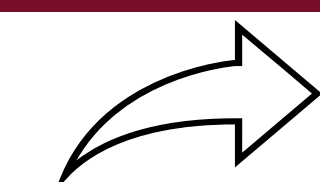
"I utilize the SCORE format for student reflections post clinical shift in their Capstone experience. The format leads to well organized and thoughtful responses. The stepwise approach imbedded in SCORE demonstrates the students' learning progress, as they identify gaps (challenges) in their knowledge or experience, then establish a plan and a goal to close those gaps. Journaling becomes an adjunct to the clinical experience in a meaningful way."

-India Owens MSN, RN, CEN, NE-BC, FAEN

CAPSTONE AND SCORE STRATEGY

- Completed after each Capstone shift
- Uploaded to LMS as an assignment
- Capstone faculty able to see in real time
- Creates opportunity to intervene in real time
- We have successfully used this tool in our Capstone program for the last 4 years

REFERENCES



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