

It gives us great pleasure to welcome you to the province of Saskatchewan! The Saskatchewan Registered Nurses Association's (SRNA) mission is "competent, caring, knowledge-based registered nursing for the people of Saskatchewan". With our SRNA mission statement in mind; this learning plan was compiled to assist you as you prepare for the licensure examination and establish your nursing career in Canada.

The learning plan that follows includes a variety of learning activities and is not intended to be an all-inclusive study guide. Refer to this learning plan as often as you need over the coming months. Please keep in mind that while use of the learning plan may assist you in preparing for the CRNE, it will not guarantee that you will pass. Therefore SRNA recommends that you develop some of your own strategies in combination with those listed in the plan.

Timelines:

The CRNE learning plan closely resembles the SRNA Continuing Competency program for registered nurses and graduate nurses. Please visit <http://www.srna.org/rn-competence/continuing-competence> to view the SRNA Continuing Competency program documents, including learning plan.

Development of learning plans is a continuing competence requirement for registered nurses in the province of Saskatchewan. With this in mind, the CRNE learning plan was designed to introduce you to the continuing competence program. You will note that there is no column *Suggested Timelines with Target Dates* on this CRNE learning plan. The column has been deliberately removed so as to permit you the freedom to prepare for the CRNE, based on your own learning style and life circumstances. We encourage you to choose from a variety of learning activities and strategies based on your individual needs and experiences.

The SRNA recommends that you commence your preparation early. You may require as much as 12 weeks prior to the next scheduled date of the CRNE to prepare for our national examination. Preparation is recommended from week twelve up to and including week zero (the week of the scheduled writing of the CRNE). For example, if the CRNE is being written:

- ✓ in the first week of February, you may need to start your preparation during the middle of November
- ✓ in the first week of June, you may need to start your preparation during the middle of March
- ✓ in the first week of October, you may need to start your preparation during the middle of July.

Please email info@srna.org if you have feedback for us or are having difficulty accessing the links on our page. Alternatively, you may notify SRNA at 1-800-667-9945 or 1-306-359-4200.

Learning Plan Goal: Preparation and successful writing of the CRNE

What are you going to learn?	How are you going to learn (identify resources)	How will you know you have learned it	Relevance to my practice (statement of examples)
Principles of Primary Health Care	World Health Organization (WHO) website http://www.who.int/en/		
Determinants of Health	Public Health Agency of Canada website http://www.phac-aspc.gc.ca/index-eng.php		
CRNE competencies	Review CRNE Prep Guide®	I will be familiar with competencies expected of a Canadian RN I will be familiar with competencies being tested	Increased familiarity with the test format may contribute to my success in passing the CRNE Decreased exam anxiety and increased confidence level during the exam Reviewing the test blue print in detail outlines the topic areas to be covered on the exam Helps focus and gives direction to my studies Planning time to review all areas on the test blue-print, even those areas I feel comfortable with may contribute to my success in passing the CRNE Neglecting to review this in detail may mean hours wasted studying, inappropriate materials or failure to review critical content
Review content in all areas of practice – Paediatrics, Medical-Surgical, Obstetrics,	Resources and textbooks from my school of nursing Medical & non-medical dictionary/thesaurus	I will be comfortable with areas I already know I will identify the difficult to learn	To ensure I focus on all areas of nursing practice (particularly if my experience has been in a specialty area)

<p>Mental health, Community, Gerontology, Principles of Primary Health Care (I will go through each major subject area marking what I need to look up and learn).</p>	<p>Review SIAST Nursing Re-entry Booklist http://www.srna.org/images/stories/pdfs/registration/IEN/nursing_re-entry_booklist_2011.pdf</p> <p>Ask my employer's clinical educator about nursing resources that may be available, once I have started working in Saskatchewan.</p> <p>I will seek out help from someone who can explain material to me when I do not understand</p>	<p>areas</p> <p>I will be comfortable with the difficult-to-learn areas I previously identified</p>	<p>Focusing on understanding content versus memorizing material will increase my chance of remembering it and remembering it correctly</p>
<p>Knowledge of nursing in Canada</p>	<p>Review CNA website http://www.cna-nurses.ca/cna/</p> <p>Review CNA Code of Ethics http://www.cna-aiic.ca/CNA/documents/pdf/publications/Code_of_Ethics_2008_e.pdf</p> <p>Review Nurse-One Portal http://www.nurseone.ca/</p> <p>University of Toronto - Orientation Course: Canadian Health Care System, Culture, Context for Internationally Educated Healthcare Professionals http://www.iehpcanada.utoronto.ca/</p> <p>Orientation to Nursing in Canada for Internationally Educated Nurses (Distance) <i>ONCIEN</i> http://www.siastr.sk.ca/programs_courses_descriptions/IENAPCERT.shtml</p>	<p>I will be able to articulate my understanding of the importance of the Canadian Code of Ethics</p> <p>I will be able to articulate my understanding of Canadian nursing</p>	<p>Increase my knowledge and familiarity with the Canadian health system</p> <p>Increase my knowledge of and familiarity with nursing in Canada</p>
	<p>I will consult current journals in my home</p>		

	country and Canada such as the <i>Canadian Nurse</i> journal		
Knowledge of Nursing in Saskatchewan	Review SRNA documents www.srna.org	I will be able to articulate my understanding of nursing in Saskatchewan	Increase my knowledge and familiarity with nursing in Saskatchewan
CRNE preparation materials	Access LeaRN Readiness Test® CRNE Prep Workshop (SIAST) http://www.siastr.ca/distance/continuing_courses/nursing.shtml CRNE Bulletins http://cna-nurses.ca/CNA/nursing/rnexam/bulletins/default_e.aspx	I will be able to answer questions on knowledge of basic facts I will be able to answer questions that pose a situation requiring the application of knowledge and critical thinking I will increase my understanding of test-taking strategies including how to select the answer	Provides focus to my study plan as I prepare for the CRNE Shows me what I know and topics I need further preparation on The importance of using a combination of tools – taking a review course as well as studying – may contribute to my success on the CRNE Identifying questions I scored incorrectly on, allows me to focus my study on weak areas of content
Determine if studying alone, with a study group, or a combination of two strategies will suit my learning needs Group Study	Prepare a calendar of study time (set aside study time of i.e. 60 minutes each day or 2 hours a day for 6 days of the week) Prepare an outline of topics for my study group sessions to focus us Assign chapters of texts or journal articles to individual group members to review major topics Ask each group member to make an outline of a textbook chapter and share his/her notes with the rest of the group to help fellow students develop an understanding of the	I will be able to quiz my friends on information studied I will be able to answer questions from group members I will be able to help others with difficult areas I will be able to identify my strengths and weaknesses in subject content	Increase my confidence level as I prepare Decreased exam anxiety level Use of time wisely Study group does not become a social group with no work being done Pooling resources with other CRNE applicants and may increase my efficiency Gain further insight into subjects and identify gaps in my own knowledge

	<p>topic</p> <p>Agree on a contract at the outset of the study outlining the ground rules for the group i.e. attendance; start and finish times; areas for study and who will lead each session</p> <p>Use textbooks with practice questions</p> <p>Keep a notebook to write down questions to review with colleagues</p> <p>Brainstorming with group members to identify and prioritize relevant topics</p>		<p>Committing to group study does not mean I ignore my private study</p>
<p>Determine if studying alone, with a study group, or a combination of two strategies will suit my learning needs</p> <p>Study Alone</p>	<p>I will prepare a study environment – set aside a fixed place for study</p> <p>I will remove distractions – email, TV, instant messages, other people</p> <p>I will identify when I am most efficient and study when at my best time of day i.e. getting up early or staying up late</p> <p>Prepare a calendar of study time (set aside study time of i.e. short daily sessions when I am working and twice a day when I am off-shift (2 hours in the am and 2 hours in the pm)</p> <p>Choose chapters of texts or journal articles to review major topics</p> <p>Outline a textbook chapter and review my notes</p>	<p>I will make the best use of my time</p> <p>I have mastered the difficult material when I am most alert</p>	<p>Increases the effectiveness of my organizational skills</p> <p>Management of my time for maximum benefit</p> <p>Increases my confidence level as I prepare</p> <p>Decreased exam anxiety level</p> <p>Use of time wisely</p> <p>Study in a disorganized environment is a waste of valuable time</p> <p>Selecting an area that is comfortable, well-lit and ventilated assists me to remain alert & is conducive to studying</p> <p>No distractions permits focus on the task at hand</p>

	<p>Use textbooks with practice questions</p> <p>Keep a notebook to write down questions to review</p> <p>Reward myself once per week with a movie or coffee out with friends</p> <p>Use spare time wisely. Make use of small amounts of time i.e. read while you travel on public transit</p> <p>Discuss my plan with my tutor; mentor; clinical nurse educator or colleague to receive feedback</p>		
Determine if studying with a tutor will suit my learning needs	<p>Arrange to meet with a tutor</p> <p>Review the study plan with my tutor</p> <p>Ask questions of the tutor that I do not understand</p> <p>I will stay in contact with my mentor/personal tutor</p>	<p>I will be able to identify my strengths and weaknesses in subject content with my tutor</p> <p>My understanding of nursing content will be increased.</p> <p>I have mastered difficult material and increased my understanding of subject content and/or nursing in Canada</p>	Mentor/tutor will give confidence, encourage me when I am tired and want to quit
Maximize my study time and start my preparation early	<p>I will look ahead to the next 12 weeks and balance commitments , such as family and work and my study plan for the CRNE (i.e. is there a family vacation, visit or wedding I must attend)</p> <p>Identify resources I already own, have access to and must yet acquire prior to preparing</p>	<p>I have designed my study plan to accommodate my family and work commitments</p> <p>I am allowing sufficient time for review and study without last minute cramming</p>	<p>Increased comfort in plan for preparation that is underway</p> <p>Balancing my commitments permits me to stay with my plan</p> <p>Efficient study habits are crucial in preparation to write a successful exam</p>

	<p>I will identify research resource texts and learning guides already in my possession and those that might be easily accessible</p> <p>I will obtain texts that have exam practice quizzes</p> <p>Use spare time wisely. Make use of small amounts of time i.e. read while you travel on public transit</p> <p>Review SRNA Newsbulletin Winter 2010 http://www.srna.org/images/stories/pdfs/communications/newsbulletin/NewsBulletin_Winter2010.pdf</p>	<p>I have acquired a variety of resources to use in my plan</p>	<p>I will avoid the assumption that I can pass without study and preparation</p> <p>My study plan is designed for the manner in which I will be successful</p> <p>Having a study plan facilitates a review of content in an orderly & efficient manner</p> <p>Trying to learn a lot of information in a short time is difficult</p> <p>Cramming at the last minute will increase my anxiety</p> <p>The level of family and work responsibilities competing for time and attention may influence performance on the CRNE</p> <p>Self-responsibility in preparation may contribute to success on the CRNE</p> <p>Use of a variety of resources may contribute to success on the CRNE</p> <p>Identification of resources that are free, require purchase, can be borrowed from libraries or colleagues or already in my possession is one of the crucial first steps</p> <p>Development of a detailed study plan is key to the successful completion of any examination</p> <p>Identification of basic and credible resources is key to the successful completion of any plan</p>
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How to answer critical thinking test questions	I will obtain texts/resources on test-taking strategies	I will be able to respond correctly to different test question designs	Review questions can suggest content areas you may have missed
How to answer multiple choice questions	I will review exam questions text books and resources	I will understand the rationale for correct and incorrect answers I will correctly answer a majority of multiple choice questions I will understand the rationale for correct and incorrect answers	I will condition myself in answering multiple choice questions On exam day I will feel confident that I devoted the time necessary to do well on the exam
How to manage my anxiety	Consult with experts in management of exam anxiety Schedule time to work, study and for recreation i.e. jog Think positively about my ability to pass the exam Create an expectation of success and not failure	I will be in control of my feelings I will be confident in my ability to do the best I can	The key to success is focus The practice of self-care may contribute to a successful writing of the CRNE

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