



Getting Into Nursing School

1. **Take the Nursing Prerequisite Courses** (Gen Chem, Anatomy, Physiology, Microbiology, etc.). Do really well in these.
2. **Major in Pre-Nursing, if possible.** Some schools have this major and others do not. If it is unavailable at your school, majoring in any other science-related or health-related field would be beneficial. Once you are admitted to a nursing program, Nursing becomes your official major.
3. **To supplement the required Nursing prerequisites courses in College,** try to take Nutrition, Psychology, & Sociology.
4. **Take Arts & Crafts/Literature & Humanities classes** that you enjoy. *Recommended ones:* Logic & Critical Thinking, Philosophy, Foreign Languages. Theater and storytelling are good for improving patient communication skills.
5. **The best time to take the TEAS** is after completing the necessary nursing prerequisites (Statistics, Anatomy, Physiology, Microbiology, etc.). Once your prerequisites are completed, you will have a thorough and comprehensive foundation to base your studying off of.
6. **Work TEAS questions.** Make sure you understand why you got correct answers correct and wrong answers wrong. The best TEAS study guide is the ATI TEAS Study Manual. “ATI administers the TEAS, so utilizing their study material will be the most beneficial,” says Soraiya Shetab. “I used their study booklet and practice exams, and it greatly helped in guiding my studies,”
7. **Look at nursing programs you are interested in and apply as soon as possible.** Some schools only accept applications in the fall semester, while other schools accept applicants in spring and fall. Every program is unique, but apply within the first month the application process opens.
8. **Shadow at least one nurse.** Try to shadow a variety of nurses as there are so many different specialities at the bedside and outside of the hospital environment.
9. **Get a job in a medical environment** as a nursing assistant, lab tech, or scribe. Becoming a nursing assistant is preferred as it allows you to gather a basic understanding of the functions of a nurse. Most hospitals require nursing assistants to be certified, so you will have to receive your certification through a course. In addition, having experience as a nursing assistant can give you an extra point on your nursing application, which is extremely helpful.
10. **Leadership is KEY!** Demonstrate leadership in an existing organization or one you start, health-related or not.
11. **Interact with pre-nursing organizations!** Pre-Nursing organizations offer a variety of resources to incoming students and offer many networking opportunities.
12. **Talk to at least 3 people** who have successfully gotten into nursing school.

“The profession of nursing is incredibly fulfilling, but it can be challenging to get there. There are obstacles and hardships that every person must overcome in the midst of it all, but you are able to grow as a person and a professional, in immense ways. The journey of nursing is a lifelong one and it is a gift to experience.” — Soraiya Shetab, Ripon, CA; California State University, Stanislaus, School of Nursing 2021