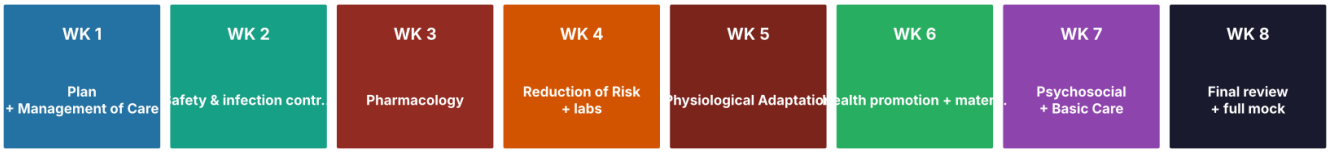
NCLEX-RN®

8-Week Study Plan

A weekly routine built on the 2026 NCLEX-RN® Test Plan — with checkpoints

By Mary Veneman BSN RN CEN

Eight weeks, one client-needs area at a time, following the 2026 NCLEX-RN Test Plan (85–150 questions, up to 5 hours, three scored case studies). Plan on about 1–2 hours a day and roughly 75 practice questions a week, including NGN-style case studies.



Your weekly routine

Day	What to do
Mon	Read the week's topic in the guide; make a one-page summary
Tue–Wed	25–30 practice questions a day; read every rationale
Thu	One NGN case study (6 questions); re-read missed topics
Fri	25 mixed practice questions
Sat	Rest or light flashcards
Sun	Miss log review + next week preview

★ HOW TO USE THIS PLAN

Keep a **miss log**: for every practice question you miss, write the topic and why you missed it (didn't know it, misread it, changed my answer). Review it every Sunday. Each week points to the matching section of the **NCLEX-RN Study Guide**.

Exam week checklist

- Confirm your Authorization to Test, date and Pearson VUE center
- Bring acceptable ID exactly matching your registration
- Plan the route; arrive 30 minutes early
- Sleep — no cramming the night before
- Read the last line of each question first
- Answer as if you have staff and supplies
- Don't read into when the test shuts off
- Use the optional breaks

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Week by week

Wk	Focus	Key topics	Practice / resources	✓
1	**Plan + Management of Care** 15–21%	How the exam works, clinical judgment model, priorities (ABCs, Maslow), delegation and assignment, consent, ethics, advance directives	Baseline: 50 mixed questions. Guide: exam, CJ and delegation pages	☐
2	**Safety & infection control** 10–16%	Precautions (contact, droplet, airborne), restraints, falls, fire (RACE/PASS), med safety, error reporting	Isolation Precautions guide; 75 questions	☐
3	**Pharmacology** 13–19%	Drug suffixes, insulin, anticoagulants, cardiac drugs, antibiotics, blood transfusion, IV complications	Med Math guide; 75 questions	☐
4	**Reduction of Risk + labs** 9–15%	Lab values, procedures, post-op complications, lines and tubes, vital sign changes	Lab Values guide; **checkpoint: 85-question timed practice test**	☐
5	**Physiological Adaptation** 11–17%	Respiratory, cardiac, neuro (ICP), endocrine (DKA), renal, shock and sepsis, ABGs	ABG and Sepsis guides; 75 questions	☐
6	**Health promotion + maternity/peds** 6–12%	Pregnancy, fetal monitoring, newborn, growth and development, immunizations	75 questions incl. maternity/peds	☐
7	**Psychosocial + Basic Care** 6–12% each	Therapeutic communication, suicide risk, psych meds, withdrawal, abuse; mobility, nutrition, elimination, comfort	NGN case studies (at least 3); 75 questions	☐
8	**Final review + full mock** your miss log	Restudy the weakest areas. Mid-week: full 150-question timed practice test. Stop new material 2 days before	Exam-day checklist below	☐

Score tracker

Area	Baseline	Midpoint	Final mock	Notes
Management of Care				
Safety & Infection Prevention				
Pharmacology				
Reduction of Risk				
Physiological Adaptation				
Health Promotion / Psychosocial / Basic Care				
Overall				

About the author: Mary Veneman BSN RN CEN is a Certified Emergency Nurse (CEN®) and critical care nurse with experience in med-surg, ICU, and ER nursing. She shares that experience with nurses who want to deepen their knowledge and become certified.

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