

# 30-Day NGN NCLEX Study Schedule

A structured, printable plan to build clinical judgment from zero to exam-ready in 30 days

## HOW TO USE THIS SCHEDULE

Study 1-2 hours per day. Each week builds on the last. NurseIQ cases are your primary daily practice tool. Check off each day as you complete it. If you miss a day, do not skip — add it to the next day.

## WEEK 1 | Build the Foundation

Day	Focus	What to Do
Day 1	Orientation	Read the NGN Cheat Sheet. Learn all 6 NCJMM skills. Complete 1 free NurseIQ case.
Day 2	Question Formats	Study the NGN Question Format Guide. Learn SATA + Cloze formats.
Day 3	Recognize Cues	Do 2 NurseIQ cases focusing on Step 1. Review: abnormal vitals, critical labs.
Day 4	Analyze Cues	Do 2 NurseIQ cases through Step 2. Review: pathophysiology of sepsis, shock.
Day 5	Cardiac Domain	Do 2 cardiac cases (MI, heart failure, dysrhythmias). Review: EKG basics, troponin.
Day 6	Respiratory Domain	Do 2 respiratory cases (COPD, pneumonia, PE). Review: ABGs, oxygen delivery.
Day 7	REST + Review	Review Week 1 cases. Note your weak areas. No new cases today.

## WEEK 2 | Deepen Clinical Reasoning

Day	Focus	What to Do
Day 8	Prioritize Hypotheses	Do 2 cases focusing on Step 3. Study: Drag & Drop + Bow-Tie formats.
Day 9	Generate Solutions	Do 2 cases focusing on Step 4. Study: Matrix/Grid format. Independent vs collaborative actions.
Day 10	Pharmacology Focus	Do 2 cases involving meds. Review: insulin, heparin, digoxin, warfarin, opioids.
Day 11	Critical Care Domain	Do 2 ICU cases (septic shock, ARDS, DKA). Review: vasopressors, vents basics.
Day 12	Neuro Domain	Do 2 neuro cases (stroke, seizure, TBI). Review: ICP signs, NIHSS, neuro checks.
Day 13	Lab Values Deep Dive	Study critical lab values. Do 2 cases that include lab interpretation.
Day 14	REST + Review	Review all cases from Weeks 1-2. Take notes on missed questions.

## WEEK 3 | Expand Across All Domains

Day	Focus	What to Do
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■	<b>Day 15</b>	<b>OB/Maternity</b>	Do 2 OB cases (pre-eclampsia, postpartum hemorrhage, fetal distress). Review: fetal monitoring.
■	<b>Day 16</b>	<b>Pediatrics</b>	Do 2 peds cases (RSV, appendicitis, dehydration). Review: peds vitals, weight-based dosing.
■	<b>Day 17</b>	<b>Psychiatric Nursing</b>	Do 2 psych cases (suicide risk, schizophrenia, therapeutic communication). Review: CIWA, safe environment.
■	<b>Day 18</b>	<b>Infection Control</b>	Review isolation precautions: Contact (MRSA, C.diff), Droplet (flu), Airborne (TB, measles). Do 2 cases.
■	<b>Day 19</b>	<b>Delegation</b>	Review RN vs LPN vs CNA scope. Do 2 delegation-focused cases.
■	<b>Day 20</b>	<b>Fluid &amp; Electrolytes</b>	Review Na+, K+, Ca2+, Mg2+, phosphate imbalances. Do 2 fluid/electrolyte cases.
■	<b>Day 21</b>	<b>REST + Review</b>	Review all cases. Identify your 3 weakest domains for extra focus in Week 4.

## WEEK 4 Exam Readiness

■	Day	Focus	What to Do
■	<b>Day 22</b>	<b>Weak Domain #1</b>	Do 3 cases in your weakest domain. Focus on the full 6-step framework.
■	<b>Day 23</b>	<b>Weak Domain #2</b>	Do 3 cases in your second weakest domain.
■	<b>Day 24</b>	<b>Weak Domain #3</b>	Do 3 cases in your third weakest domain.
■	<b>Day 25</b>	<b>Hot Spot Practice</b>	Do 3 cases using Hot Spot + Highlighting format specifically.
■	<b>Day 26</b>	<b>Bow-Tie Practice</b>	Do 3 cases using Bow-Tie format. Practice: condition → action → monitor chain.
■	<b>Day 27</b>	<b>Mixed Practice</b>	Do 4 cases mixing all domains and formats. Simulate exam conditions.
■	<b>Day 28</b>	<b>Mixed Practice</b>	Do 4 more cases. Time yourself: aim for 2 minutes per question format.
■	<b>Day 29</b>	<b>Light Review</b>	Review your notes from all 4 weeks. Re-read the NGN Cheat Sheet. Rest well.
■	<b>Day 30</b>	<b>Final Confidence</b>	Do 2 cases. You are ready. Trust your clinical reasoning. Good luck.

Practice every day at [nurseiq.app](https://nurseiq.app) — unlimited AI case studies, all 6 NCJMM steps