

# FROM STRESS TO SUCCESS:

## The Nursing Exam Confidence Formula

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**TNC** TUTORING  
& SERVICES



Dear Nurse and Future Nurse,

Preparing for your nursing exams can feel overwhelming, but it doesn't have to be that way. With the right structure, strategies, and mindset, you can go from stressed and uncertain to confident and prepared.

That's why I created The Nursing Exam Confidence Formula — a simple, practical system to help you focus, study smarter, and step into exam day ready for success.

In the following pages, you'll discover:

- The 3-part Confidence Formula that takes the guesswork out of exam prep.
- Step-by-step checklists to keep your studying focused and productive.
- Practical tips you can apply immediately to boost confidence and reduce stress.

Let's begin.

Hi, I'm **Clarinda**, a Nursing Educator and Exam Success Mentor, and I've made it my mission to help nursing students and nurses like you pass exams such as the NCLEX-PN, NCLEX-RN, and Adult-CCRN with confidence. I know how overwhelming exam preparation can feel, which is why I've dedicated my career to creating strategies that bring clarity, focus, and calm into the process.

Over the years, I've worked with countless nursing students, sharing proven study methods, confidence-boosting techniques, and practical insights that simplify even the toughest topics. I've seen firsthand how the right approach can transform stress into success, helping students not only prepare effectively but also believe in their ability to achieve great results.

My goal is to be more than just a guide—I want to be your mentor on this journey. Through my resources and training, you'll discover that passing your exams isn't just possible, it's achievable with the right tools and mindset. You've chosen a noble profession, and I'm here to help you take that final step toward the career you've been working so hard for.

To your success,

**Professor Rin  
Clarinda S, RN, CCRN**



## 1 Structure Your Study

Create a clear plan instead of cramming. Break down your prep into daily, manageable chunks.

- ✓ Choose 2-3 core topics per day.
- ✓ Use a timer (25-30 minutes study, 5-minute break).
- ✓ Rotate between content review and practice questions.

*Pro Tip: Treat your study schedule like a work shift — show up, stay focused, and clock out without guilt.*



## 2 Strengthen Your Knowledge

Focus on high-yield content and active recall methods.

- ✓ Use flashcards or apps to test yourself daily.
- ✓ Teach concepts out loud — if you can explain it, you know it.
- ✓ Practice NCLEX- or CCRN-style questions regularly.

*Pro Tip: Quality over quantity. Ten well-studied questions are more valuable than 50 rushed ones.*



**QUICK TIPS**

## Exam Day Checklist

### The Night Before

No studying the day before, but instead rest, relax and pamper yourself so there is no cramming the day before. Focus on reducing test anxiety, get a massage, eat well, hydrate well the day before, rest well, instead of summaries or flashcards - no studying at all is recommended the day before.

### Morning of the Exam

- Eat a balanced meal (protein + complex carbs).
- Arrive early to avoid rushing.
- Take 3-5 deep breaths before entering the testing room.
- Remind yourself: "I am ready. I've prepared. I will succeed."

### During the Exam

- Read each question carefully.
- If stuck, eliminate incorrect answers first, using all the test taking skills and strategies you learned in your tutor lessons. Use your nursing knowledge, clinical reasoning and process of elimination to choose the best and safest answer. Then move on.
- Stay calm — one question doesn't decide your future.







### 3 Sharpen Your Mindset

Exam success is more than memorization — it's confidence under pressure.

- Visualize yourself answering questions calmly and correctly.
- Write down affirmations like: "I am prepared. I am capable. I will succeed."
- Avoid negative talk; replace "I'll fail" with "I'm learning and improving daily."

**Pro Tip:** On stressful days, review your progress journal instead of starting new material. This reminds you how far you've come.

### 4 Sustain Healthy Habits

Your brain performs best when your body and mind are cared for. Small, consistent habits can boost focus, memory, and stamina.

- Prioritize 7–8 hours of sleep each night.
- Stay hydrated and fuel your body with balanced meals.
- Take short walks or stretch breaks to refresh your mind.
- Limit caffeine and avoid all-nighters — they hurt more than help.

**Pro Tip:** Think of exam prep as a marathon, not a sprint. Sustaining your energy ensures you'll peak on exam day, not burn out before it.

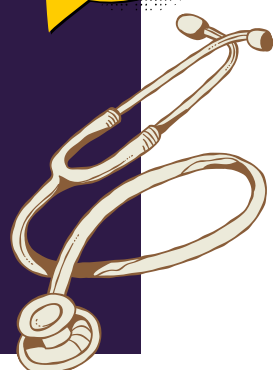


### René Laennec – 1816 Stethoscope Inventor

The first stethoscope was invented in 1816 by French physician René Laennec, who rolled up a piece of paper to amplify sounds from a patient's chest, solving the awkwardness of placing his ear directly on them. He later created a more durable version from a hollow wooden tube, a monaural (one-eared) device.



**DID YOU KNOW?**





We're proud to celebrate the success of our students who have recently passed their board exams and are now officially licensed nurses! Your dedication, perseverance, and hard work have truly paid off. 🌟

Every success story begins with determination, courage, and belief — and you've shown all three in your journey. This milestone marks not just the end of your review, but the beginning of a meaningful career filled with purpose and compassion.



“

**I cannot recommend TNC Tutoring and Services highly enough!** Working with Clarinda was truly the key to my success in passing the CCRN exam. Her teaching style is the perfect blend of knowledgeable, patient, and incredibly encouraging. I was looking for a tutor who could break down complex critical care concepts in ways that finally made everything click. **Clarinda always knew exactly where to focus to make the biggest impact on my understanding and learning.** What impressed me most was her commitment to my success. Clarinda went above and beyond with personalized study plans, practice questions, test-taking strategies, and real-world clinical explanations that made the material not only understandable but memorable. **Every session left me feeling more confident and prepared.** Thanks to Clarinda's expertise and guidance, **I walked into the exam feeling calm, capable, and ready and walked out a CCRN!** If you are preparing for this exam, do yourself a favor and **work with TNC- Tutoring and Services. It is, without a doubt, the best investment you can make in your professional growth. Absolutely 10/10!**

**Morgan F., BSN, RN, CCRN**





“

After not passing the first time, I felt lost and discouraged, but **Clarinda helped me rebuild my confidence and truly understand the material.** Her clear explanations and encouragement made studying less stressful and more focused. **I walked into my exam feeling calm and prepared and I finally did it!** I'm so thankful for Clarinda and **highly recommend them to anyone preparing for the NCLEX**

**Chisom O., RN**

**Angela F., RN**

**Jamira H., RN**

“

I'm excited to share that **I passed my NCLEX with 75 questions!!! TNC tutoring truly helped me feel confident and prepared.** Dr Steward was patient, encouraging, and always made sure I understood the material. **I really appreciate how personalized the lessons where it made a big difference in my process.**

For anyone preparing for their test stay consistent and trust the process with TNC.

Dr Steward,  
I wanted to take moment to sincerely thank you for all your help and guidance while I was preparing for my NCLEX. **Your encouragement, patience, and clear explanation made such a difference in my confidence and understanding.** I truly appreciate the time and effort you put into helping me succeed. **I'm grateful for your dedication and for everything you've done to help me reach my milestone.**

**Lisha Bills, LPN**



“

**Clarinda is truly an exceptional NCLEX tutor.** As a second-time test taker, **her guidance completely transformed the way I studied and gave me the confidence I was missing.** Her structured approach, small focused question sets, clear explanations, visual tools, and calming teaching style helped everything finally make sense. She taught me strategies that changed how I approached every question, and her constant encouragement, especially her mantra, **"I am prepared, I will do well, I will pass",** carried me through my exam. **I am deeply grateful for her dedication, patience, and genuine care for her students.** Thanks to her, I passed with confidence, and **I will always be thankful for finding her at the perfect time.**

**ELBA, NURSE**  
**Passed NCLEX RN**  
**November 2025**





# THE *Hummingbird*

## The Hummingbird: A Symbol of Strength and Purpose

The hummingbird may be small, but it carries a powerful message — one that deeply resonates with every nursing student and aspiring nurse. Just like this tiny bird that tirelessly hovers and moves with precision, nurses embody resilience and dedication in every step of their journey. The hummingbird's constant motion reminds us that growth comes from persistence, even in the face of challenges.

Its ability to fly in all directions — forward, backward, and even hover in place — reflects the adaptability nurses must have as they balance learning, caring, and compassion. Despite its size, the hummingbird travels great distances, symbolizing the determination and courage it takes to achieve one's dreams in nursing.

Just as the hummingbird seeks sweetness from every flower, nurses find joy and purpose in every act of care, no matter how small. It teaches us to pause, find gratitude, and draw strength from moments of kindness and connection.

The hummingbird's vibrant energy and unwavering spirit remind us that even the smallest acts of care can make a lasting impact. It's a fitting emblem for our community — a reminder to stay light, stay focused, and continue to spread hope wherever we go.

### "Wings of Care"

Tiny wings that never tire,  
A heart that beats with quiet fire.  
The hummingbird moves, swift and kind,  
A mirror to the nurse's mind.

Through storms and calm, they both remain,  
Steady hands that ease the pain.  
In fleeting flight or sleepless night,  
They bring the weary heart to light.

They seek the sweet in every bloom,  
And hope within a darkened room.  
For every life, a gentle word —  
The nurse, the healer, the hummingbird.

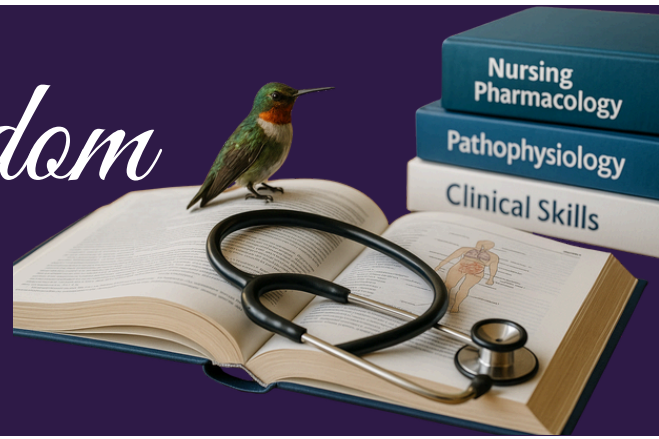
Both guided by a purpose true,  
To care, to lift, to see things through.  
A dance of grace, a selfless art —  
The wings of care, the healing heart.





# Wings of Wisdom

## Nursing Question Feature



*Each issue, we take your learning a step higher with a featured NCLEX-style question — designed to help you think critically, apply your knowledge, and grow in confidence. Just like the hummingbird in flight, every answer you explore brings you closer to mastery. Read the rationale, reflect, and keep your wings of wisdom strong as you soar toward success! 🌸*

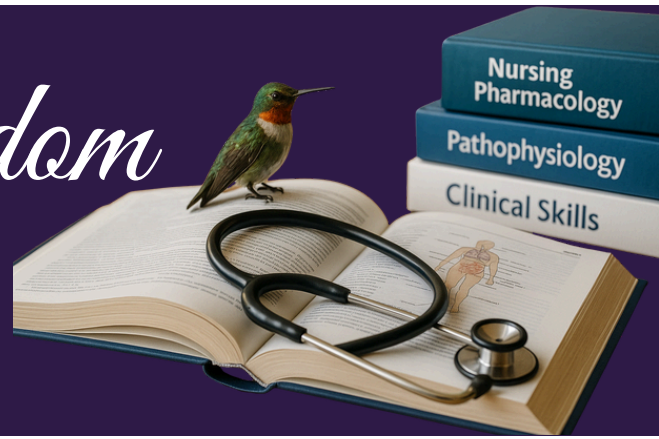
A nurse is speaking with a client diagnosed with major depressive disorder who says, “I just don’t see a reason to keep living anymore.” What is the best response by the nurse?

- A. “You have a lot to live for — try to think positively.”
- B. “I’m really concerned about what you just said. Can you tell me more about how you’re feeling? Are you thinking about hurting yourself?”
- C. “You should get some rest; you’ll feel better later.”
- D. “Let’s not talk about that right now.”



# Wings of Wisdom

## Nursing Question Feature



**Pro Tip:**

*Always use open, direct, and safe communication when a client expresses suicidal thoughts.*

**Answer: B.**

"I'm really concerned about what you just said. Can you tell me more about how you're feeling? Are you thinking about hurting yourself?"

**Rationale:**

- **Take all suicidal statements seriously:**

Any expression of hopelessness or suicidal ideation should be considered a medical emergency. Never ignore or minimize the statement.

- **Show empathy and concern:**

Responding with compassion helps build trust. Avoid being judgmental or offering quick reassurances like "Everything will be fine."

- **Assess for suicidal intent:**

Ask direct but gentle questions to determine if the client has a plan or intent to harm themselves. This is a crucial step in suicide risk assessment.

- **Ensure safety:**

If the client is at risk, do not leave them alone. Notify the healthcare team immediately, follow suicide precautions, and remove any potential means of self-harm.







# BLACK FRIDAY DEALS ARE HERE!

## TNC-TUTORING & SERVICES | HOLIDAY PACKAGE SALE

### OUR BIGGEST DISCOUNTS OF THE YEAR ARE LIVE!

WHETHER YOU'RE PREPARING FOR THE NCLEX-RN, NCLEX-PN, OR NEED FOCUSED TUTORING HOURS, WE'VE GOT UNBEATABLE PRICES FOR YOUR END-OF-YEAR STUDY GOALS.



**30% OFF**  
8-WEEK NCLEX-RN STUDY PROGRAM



**25% OFF**  
8-WEEK NCLEX-PN STUDY PROGRAM



**40% OFF**  
12-WEEK NCLEX-RN STUDY PROGRAM



**35% OFF**  
12-WEEK NCLEX-PN STUDY PROGRAM



**25% OFF**  
5-HOUR TUTORING PACKAGE

PAYMENT PLANS AVAILABLE  
AFFIRM, AFTERPAY, KLARNA, & PAYPAL

**BOOK NOW**





**"A NURSE'S HANDS HEAL TODAY BECAUSE A VETERAN'S COURAGE PROTECTED YESTERDAY."**




## 6 Tips to Stay Healthy

→



Eat nourishing meals. Choose foods rich in vitamins and minerals to keep your energy up.

→



Stay hydrated. Drink plenty of water and warm fluids throughout the day.

→



Get enough rest. Quality sleep helps your immune system fight off illness.

→



Practice good hygiene. Wash your hands frequently and sanitize your study space.

→



Take short breaks. Allow your body and mind time to recharge — even a few minutes can make a difference!

→



Be sure to boost your immune system with Vitamin C, Vitamin D, and Zinc!



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**NCLEX & CCRN Tutor**

<https://www.youtube.com/channel/UCsABabzZUNAhomUtZ2v9uYQ>



**Professor Rin**

<https://www.superprof.com/registered-nurse-with-years-experience-provides-nclex-and-prep-ccrn-prep-and-nursing-courses-exam-prep-lessons-online.html>



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## *Merry Christmas & Happy New Year*

As we close another meaningful year, we want to extend our deepest appreciation to each and every one of you. Thank you for trusting us, learning with us, and allowing us to be part of your journey toward becoming future nurses and healthcare professionals.

Your dedication, resilience, and commitment inspire us every single day. It has truly been an honor to support you through your studies, challenges, and victories—big and small.

From our team to you and your families, we wish you a Merry Christmas filled with joy, peace, and warmth, and a prosperous New Year full of growth, success, and new opportunities.

As we enter the year ahead, please know that we are committed to serving you even better—providing stronger support, better resources, and more guidance to help you reach your goals. We're excited for everything the new year will bring, and we look forward to being part of your continued success.

Thank you for being a part of our community. Here's to an amazing year ahead! ★



*"Let the lights of the season remind you that even in busy days, you can shine through with determination and grace."*