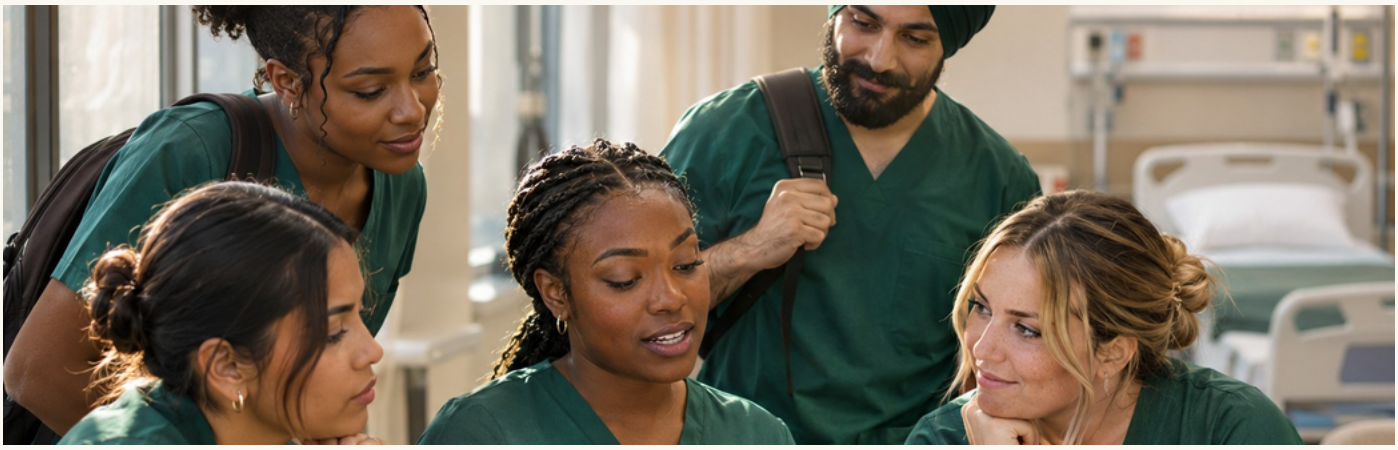


Original illustrative scene. Fictional subjects; not an IFRN event or testimonial.

FREE / SEVEN-PAGE STARTER

Your First Clinical Week Checklist

Less scrambling. Clearer questions. A practical plan for the life around your first clinical week.

This short guide helps you find the instructions that apply to you, prepare ordinary essentials, plan transportation and household needs, and communicate early. It does not teach clinical skills, replace your program handbook, or authorize patient-care activities. Your school, faculty, and clinical site’s current directions govern your learning.

Use one page at a time. Start with the official requirements, then prepare the parts of the week you can control. If you discover a gap, use the questions in this guide to contact the person responsible. You do not need to pretend everything is clear before asking.

IFRN supports the whole person becoming the nurse. This resource is free. Getting it does not create a requirement to buy a paid guide, donate, share your story, or consent to marketing. Contact info@ifrn.org about publication questions and current practical care-package information.

YOUR NOTES / THE NEXT USEFUL STEP

01 / YOUR SCHOOL FIRST

Find the current instructions before making the list

Start with the handbook, clinical syllabus, official placement message, and the program's designated communication channel. A generic checklist cannot tell you the right uniform, arrival process, clearance system, equipment, or reporting rule for your placement. Copy the requirements that actually apply to you and record where each came from.

If two messages conflict, ask the designated faculty member or coordinator. Include the course, relevant date, and the directions you are comparing. Keep the answer where you can find it again. Asking a precise question is more dependable than choosing whichever instruction a classmate remembers most confidently.

Track each administrative requirement through acceptance, not just submission. If you are waiting on an office, record that dependency and the appropriate follow-up. Use official secure channels for sensitive documents. You do not need a complex system; you need to know what is required, what is confirmed, and what question remains.

- Current handbook located.
- Placement directions and arrival process checked.
- Required items and clearance status confirmed.
- Official question and absence contacts saved.

MY INSTRUCTION CARD

Complete this from your own program sources.

Source and date checked _____

Confirmed requirements _____

Unresolved question _____

Responsible contact _____

Next action _____

02 / BAG AND BUDGET

Pack what is required, protect money for what matters

Before buying, compare the official supply list with what you already have. Divide purchases into required now, useful later, and optional. Ask your program about acceptable alternatives or existing school resources if cost is a barrier. A popular accessory is not automatically a requirement, and a low price is not a good deal if the item does not meet the instructions.

Include the costs around the day: transportation, parking, food, laundry, caregiving, and any change to paid work. Estimate first and replace estimates with real amounts as you learn. Keep receipts until you understand the return terms and know an item is acceptable.

Pack only what you may bring. Give identification, keys, and required materials a consistent place. Follow school and site directions for storage, handling, cleaning, and infection prevention. This checklist organizes preparation; it does not provide clinical handling instructions. If a required expense does not fit, bring the specific amount and date to the appropriate school support office early.

- Check the official list before shopping.
- Include recurring travel and personal costs.
- Pack required items in consistent places.
- Keep a focused question ready if there is a gap.

A PRACTICAL COST CHECK

Use your own amounts and requirements.

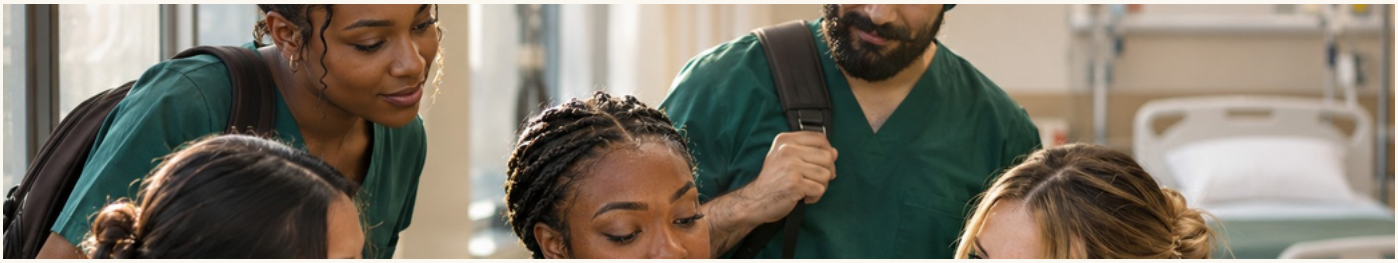
Required purchase _____

Travel and parking _____

Food or laundry _____

Caregiving or work change _____

Support question _____



Original illustrative scene. Fictional subjects; not an IFRN event or testimonial.

03 / EVENING TO ARRIVAL

Prepare the route and the people around you

The first day becomes easier when tomorrow’s decisions are smaller. Confirm the address, permitted entrance, arrival instructions, and route. Include travel and access time rather than placing only the start time on your calendar. If public transportation or a shared ride is involved, check the full schedule and agree on a backup.

Tell the people affected by your schedule what is fixed and what help you need. A request such as “Can you handle Tuesday pickup, with this person as backup?” is easier to answer than a general request for support. Write the agreement down where the household can see it without exposing private school or clinical information.

Before bed, check official messages, gather required items, plan ordinary food and clothing needs within the site’s rules, and set a realistic departure time. Keep the routine short enough to repeat. If a delay occurs, follow your program’s notification instructions promptly and travel safely.

- Address, entrance, and route confirmed.
- Departure includes ordinary delays.
- Household or caregiving agreement made.
- Bag and required clothing ready.

TOMORROW’S PLAN

Use the times and arrangements that fit your own route.

Required arrival _____

Departure _____

Primary travel plan _____

Backup _____

Person relying on my schedule _____

Evening task to finish _____

04 / COMMUNICATION

Ask clearly and keep private information out

A useful message states your name, course or group, relevant date, what you checked, and the question you need answered. Use the channel your program designates and respect the difference between a routine question and an urgent matter. Follow the site’s escalation process for immediate clinical concerns rather than waiting for an ordinary email response.

You can say, “I reviewed the current instructions and want to confirm this requirement before Tuesday.” This is an illustrative phrase, not a rule you must copy. Honest, focused questions make it easier for another person to help. If you have not learned or been authorized to do something, say so and seek the required direction and supervision.

Keep patient information out of personal notebooks, phones, group chats, public AI tools, and social posts. Use only approved systems for required clinical materials. Reflect on your own learning without identifying patients, families, staff, or encounters. If you are unsure what belongs in an assignment, ask your instructor.

- Use the correct contact and channel.
- State your question near the beginning.
- Represent your student role accurately.
- Keep personal planning free of patient information.

ONE MESSAGE TO SEND

Write the administrative or learning question without private clinical details.

What I checked _____

What is unclear _____

Who owns the answer _____

When I need clarification _____

Approved channel _____

05 / USE IT THIS WEEK

Your first-week planning sheet

Make one plan that includes school, work, travel, and caregiving. Add preparation and a little room for ordinary delays. Choose three priorities rather than filling every empty hour. One can be an administrative task, one a course-directed learning task, and one an everyday need that will help the week work.

At the end of each day, note only what changes the next action: an item to confirm, a question for faculty, or a routine that needs adjusting. Keep these notes about your own learning and organization, without patient information. A short review is more useful than a long judgment about whether you handled everything perfectly.

After the week, identify one thing to keep, one to change, and one to ask. If a barrier remains outside your control, contact the appropriate office instead of treating the planning sheet as proof that you should solve it alone. The aim is a dependable next step and a support route you know how to use.

- Three priorities selected.
- Required preparation and travel visible.
- One support question assigned to the right contact.
- End-of-week review planned.

MY FIRST-WEEK CHECKLIST

Use a fresh copy as your schedule changes.

Week beginning _____

Three priorities _____

Required preparation _____

Travel and backup _____

Household agreement _____

Question and contact _____

Keep / change / ask _____

SOURCES / OPTIONAL NEXT RESOURCE

Keep the next step clear

Your current program handbook, clinical syllabus, placement directions, and faculty guidance are the controlling sources for your clinical learning. This checklist is a general organizational resource. It does not teach procedures, replace supervision, determine eligibility, or promise academic results, placement, licensure, or employment.

Official future-licensure information: Georgia Secretary of State, How to Guide: Registered Nurse, https://sos.ga.gov/how-to-guide/how-guide-registered-nurse. Official exam information: https://www.nclex.com/prepare.page. Links checked November 13, 2026. Use the current source when taking an official action.

If you want a fuller set of planning pages, The Clinical Year Companion is an optional paid guide with routines for costs, communication, feedback, digital organization, and the rest of the term. Explore /guides/clinical-year-companion/ on IFRN’s website. The free checklist remains yours whether or not you purchase.

For current care-package information, contact info@ifrn.org. Availability and arrangements vary. IFRN’s future scholarship pathway is not an open application in this resource. You can follow IFRN’s monthly newsletter for program updates without purchasing a guide.

YOUR NOTES / THE NEXT USEFUL STEP