

Your First Clinical Day Confidence Checklist

For nursing students + new grads | Your simple guide to feeling prepared, organized, and confident.

01 | THE NIGHT BEFORE

- ☐ Confirm arrival time, location, parking, and dress code.
- ☐ Pack your badge, required paperwork, pen, notebook, and approved supplies.
- ☐ Review unit expectations and assigned preparation.
- ☐ Plan your commute and prioritize rest.

02 | BEFORE PATIENT CARE

- ☐ Introduce yourself to your instructor, preceptor, or assigned nurse.
- ☐ Clarify your role, patient assignment, supervision, and permitted tasks.
- ☐ Review handoff information and care plans through approved systems.
- ☐ Know who to contact if you notice a change or need help.

03 | YOUR FIRST ROOM CHECK

- ☐ Perform hand hygiene and follow infection-prevention practices.
- ☐ Confirm patient identity using required facility identifiers before care.
- ☐ Introduce yourself, explain your role, and protect privacy.
- ☐ Check immediate safety needs and promptly report urgent concerns.
- ☐ Locate help, emergency supplies, and relevant unit protocols.

04 | THROUGHOUT YOUR SHIFT

- ☐ Write down questions and use approved resources to learn.
- ☐ Communicate clearly with your nurse or preceptor.
- ☐ Follow facility policy, scope, and supervision requirements.
- ☐ Document only as authorized; safeguard patient information.

A LITTLE REMINDER FROM ASHLEY

You don't have to know everything on day one. Be curious, prepared, safe, and willing to ask for help. Confidence is built one shift at a time.

YOUR CLINICAL-DAY MANTRA

I can be new and still be capable. I can ask questions and still belong here.