

HESI A2 STUDY PLAN – WEEK 1

DIAGNOSTICS, CORE FOUNDATIONS & BODY SYSTEMS

DAY 1 → DAYS 2-3 → DAYS 4-5 → DAY 6 → DAY 7

DIAGNOSTICS & STUDY PLANNING

Diagnostic Testing

Getting Started:

- Take initial diagnostic tests in Anatomy & Physiology, Biology, Math, and Reading Comprehension.
- Results Analysis: Create flashcards and study tools for incorrect answers or topics with low scores.
- If you score 80% or above on a section, mark it for light review at the end of the plan so you can allocate more time to areas for improvement.
- For other sections, **schedule time with an ACE or RWC HESI A2 subject tutor now.**

MATH & BIOLOGY FOUNDATIONS

Content Review

Mathematics:

- Basic Arithmetic: Preliminary skills, whole numbers, and decimals.
- Proportions & Values: Fractions, converting between fractions and decimals, ratios and proportions, and percentages.

Biology:

- Chemical & Cellular Foundations: Biology basics, water, biological molecules, and metabolism.
- Cellular Processes: Cellular respiration, photosynthesis, and cellular reproduction.

READING COMPREHENSION AND A&P SYSTEMS

Content Review

Reading Comprehension:

- Core Passage Analysis: Identifying the main idea, identifying supporting details, and finding the meaning of words in context.
- Author Intent: Analyzing the author's purpose and point of view.

Anatomy & Physiology:

- Foundational Structures: General anatomy and physiology terminology, histology, and the integumentary system.

MORE ANATOMY & PHYSIOLOGY

Content Review

Anatomy & Physiology:

- Support & Control: Skeletal system and nervous system.
- Internal Systems: Muscular system, endocrine system, circulatory system, and respiratory system.

WEEKLY WRAP-UP

Revisit Content & Next Week's Study Plan

Wrapping Up the Week:

- Conduct targeted practice on low-scoring topics.
- Take a look at the Week 2 study plan and make changes based on your progress this week.
- Are there areas where you could use some help? Schedule time next week with an ACE or RWC HESI A2 subject tutor and identify some practice questions.
- Get some rest and take a brain break.

HESI A2 STUDY PLAN – WEEK 2

ADVANCED TOPICS, FINAL ORGAN SYSTEMS & COMPREHENSIVE TESTING

DAYS 8-9 → DAYS 10-11 → DAY 12 → DAY 13 → DAY 14

APPLIED MATH & GENETICS

Content Review

Mathematics:

- Applied Math: Measurement conversions and units, time and household measurements, and word problems.

Molecular Biology & Genetics:

- Genetics, basic inheritance patterns, DNA, RNA, and protein synthesis.

CRITICAL READING SKILLS AND MORE A&P SYSTEMS

Content Review

Reading Comprehension:

- Critical Evaluation: Distinguishing between fact and opinion, and making logical inferences.

Anatomy & Physiology:

- Visceral & Immune Systems: Digestive system, urinary system, reproductive system, and lymphatic system.

SUBJECT PRACTICE TESTS 1

Targeted Study

Subject Practice Tests:

- Complete full-length practice tests for **Biology and Math.**

Targeted Study:

- Review explanation guides for missed items and update flashcards and other study tools.

SUBJECT PRACTICE TESTS 2

Targeted Study

Subject Practice Tests:

- Complete full-length practice tests for **Anatomy & Physiology and Reading Comprehension.**

Targeted Study:

- Review explanation guides for missed items and update flashcards and other study tools.

WEEKLY WRAP-UP

Final Content Review & Preparing for the Exam

Final Content Review:

- Conduct a final pass of all created flashcards, key formulas, and high-yield organ system diagrams across all four exam areas.

Prepare for the Exam:

- Review the exam format & proctoring instructions provided on the FSU Nursing BSN website.
- Set up your space so you aren't rushed when you take the exam.
- Get some rest and take a brain break.
- You got this!