



# Stressed Out About Your First Year of Nursing

*HCPro, Patricia A. Duclos-Miller MS RN CNA BC*

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**Stressed Out About Your First Year of Nursing** HCPPro, Patricia A. Duclos-Miller MS RN CNA BC  
**Get the low-down on everything you can expect during your first year as nurse!**

***Stressed Out About Your First Year of Nursing* is a survival guide for new graduate nurses that steers you through the transition from student nurse to competent RN. Get the whole truth on what they didn't teach you in school and find out what to expect during your first year.**

Easy-to-read and full of sound advice, the book helps new graduates navigate through the first year on the job, from orientation and preceptors to communication and collaboration, including all the tips and tools you need to succeed.

With helpful icons that highlight tips to remember and secrets of success, you'll find out all about:

- why nursing is so demanding and how to survive
- what to expect during orientation
- the common causes of stress and how to handle them
- how to transition from student nurse to new graduate
- the stages of competence
- how to handle horizontal hostility
- survival skills
- how to avoid legal pitfalls and stay out of trouble

This valuable resource is a must-have for new graduates and nursing students.

Learn how to enjoy your first year, not struggle through it!

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