

## HESI Information Sheet

### Before the Exam:

- The HESI A<sup>2</sup> Exam is an entrance exam for nursing schools and is designed to assess the academic and personal readiness of prospective nursing students. The A<sup>2</sup> given at SENMC consists of five different sections which focus on academic subject areas and two personal assessments. The academic subjects consist of Math, Reading Comprehension, Vocabulary and General Knowledge, Grammar, and Anatomy and Physiology. The Learning Style Exam and Personality Profile are included for the purpose of offering insights about student study habits, learning preferences, and dispositions. These subtests do not affect the exam score.
- The exam is computer-based.
- Generally, it takes 3-4 hours to complete all sections.
- **To register for the HESI A<sup>2</sup> Exam**, you must sign up with Carol Boyd in the LAC, Room 253 of the Instructional Building. She will give you instructions about how to register online to set up your Evolve account. Go online to [evolve.elsevier.com](http://evolve.elsevier.com), create an account, and fill in the information as well as make a password. **The username and password will be needed to access the exam on exam day. The Evolve account must be set up at least 24 hours in prior to the day of the exam. You will not be permitted to test otherwise.**
- Testing dates will be posted outside the Testing Center (MB Room 221), the LAC front desk (IB Room 253), and outside the Anatomy and Physiology Lab (MB Room 210). It is also on the SENMC web pages of the Testing Center and the Nursing Department. **The deadline for each examination is two weeks before the test date. Please come in to register for the exam a few days before your test date's deadline.**
- Once you have signed up with Ms. Boyd, you will go downstairs to the Business Office (Room 108) to pay for the exam. The current cost is **\$55**. You will then take your receipt of payment back to Ms. Boyd so she can order the exam.
- Prior to the exam, you are strongly encouraged to utilize the HESI resources in the library and LAC. If you fail the exam, you will be required to remediate with the practice HESI exam resources available in the library before you are allowed to retest. A form showing this remediation will be available in the nursing department.

## Exam Day:

- After a good night's rest, make sure you eat a good breakfast. Food and drinks are not allowed during the exam.
- **Make sure you know where the Testing Center is located (MB Room 221) and arrive early. Testing begins promptly at 8:00 a.m. or 1:00 p.m.**
- Make sure you visit the restroom **before the exam**. One emergency bathroom visit may be granted. If you leave the testing center for any other reason, the exam will be terminated.
- **You will need a valid ID and your Evolve username and password to take the exam. NO cell phones, keys, hats, book bags, purses, textbooks, notebooks, dictionaries, calculators, or electronic devices** are allowed in the testing room.
- All of the sections have 55 questions except Anatomy and Physiology which has 30 questions.
- **TIP:** You can choose the order in which you complete the sections of the exam. **Suggestion:** Do the Math or Reading Comprehension sections first because they are lengthy and require more time to complete. **Remember: Once you leave a section of the exam, you cannot go back.**
- **TIP:** The computer screen is recessed into the desk beneath the glass.
- A calculator is provided. It is on the right side of the computer screen. **TIP:** The calculator has different symbols for multiplication and division. Instead of using (x) for multiplying, you will use an asterisk (\*). Instead of using a division sign ( $\div$ ), you will use a forward slash (/).
- Many of the math questions are multiple choice, but not all of them.
- Scratch paper and pencils are provided and must be returned after completion of the test.
- **TIP:** Be mindful of the time, but do not rush. Read each question and answer choices (if available) completely and carefully. You may leave as soon as you have completed the exam and received your exam results. You do not have to stay the entire time allotted.

## After the Exam:

- Your score is available to you immediately after the exam.
- **The required score is a 75% composite and a 60% in each subject area.** The nursing program will use the attempt with the highest overall score, providing all section scores are at least 60% or better. They will not pick and choose the highest section scores from different exam attempts. **If you fail any section, you must retake the entire exam.** If you fail the exam, you will be required to remediate with HESI resources available in the library before you will be allowed to retest. A form showing this remediation will be available to you in the nursing department.
- **You are allowed two attempts in one year.**

- You will be given two copies of your scores. One copy is for you to keep while the other should be taken to nursing department office (AH Room 441).
- If you failed the first attempt, use your Evolve account to remediate what you missed. It is a good study tool. You do not have to create a new username and password. **TIP:** The second attempted HESI exam will be more difficult.

- **Contact information:**

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**HESI tutoring made by appointment**

**Recommended Study Material:**

**HESI Admission Assessment Exam Review 4<sup>th</sup> edition from Elsevier. Available online @ Amazon, etc.**

**A basic Anatomy & Physiology textbook, such as Visual Anatomy & Physiology (3<sup>rd</sup> ed.) by Martini, Ober, Nath, Bartholomew, and Petti from Pearson. It is used in the A & P classes here on our campus.**

**You can also use any phone apps or online practice tests for HESI. There are many to choose from so choose the free ones.**

## HESI Schedule 2023 Spring Semester

Test Day/Date	Time	Deadline Date*
Tuesday, January 24, 2023	8 am - 12 pm	January 10, 2023
Thursday, January 26, 2023	1 pm - 4 pm	January 12, 2023
Tuesday, January 31, 2023	8 am - 12 pm	January 17, 2023
Thursday, February 2, 2023	1 pm - 4 pm	January 19, 2023
Tuesday, February 7, 2023	8 am - 12 pm	January 24, 2023
Thursday, February 9, 2023	1 pm - 4 pm	January 26, 2023
Tuesday, February 14, 2023	8 am - 12 pm	January 31, 2023
Thursday, February 16, 2023	1 pm - 4 pm	February 2, 2023
Tuesday, February 21, 2023	8 am - 12 pm	February 7, 2023
Thursday, February 23, 2023	1 pm - 4 pm	February 9, 2023
Tuesday, February 28, 2023	8 am - 12 pm	February 14, 2023
Thursday, March 2, 2023	1 pm - 4 pm	February 16, 2023
Tuesday, March 7, 2023	8 am - 12 pm	February 21, 2023
Thursday, March 9, 2023	1 pm - 4 pm	February 23, 2023
Tuesday, March 14, 2023	Spring Break	
Thursday, March 16, 2023	Spring Break	
Tuesday, March 21, 2023	8 am - 12 pm	March 7, 2023
Thursday, March 23, 2023	1 pm - 4 pm	March 9, 2023
Tuesday, March 28, 2023	8 am - 12 pm	March 14, 2023
Thursday, March 30, 2023	1 pm - 4 pm	March 16, 2023
Tuesday, April 4, 2023	8 am - 12 pm	March 21, 2023
Thursday, April 6, 2023	1 pm - 4 pm	March 23, 2023
Tuesday, April 11, 2023	8 am - 12 pm	March 28, 2023
Thursday, April 13, 2023	1 pm - 4 pm	March 30, 2023
Tuesday, April 18, 2023	8 am - 12 pm	April 4, 2023
Thursday, April 20, 2023	1 pm - 4 pm	April 6, 2023
Tuesday, April 25, 2023	8 am - 12 pm	April 11, 2023
Thursday, April 27, 2023	1 pm - 4 pm	April 13, 2023
Tuesday, May 2, 2023	8 am - 12 pm	April 18, 2023
Thursday, May 4, 2023	1 pm - 4 pm	April 20, 2023
Tuesday, May 9, 2023	8 am - 12 pm	April 25, 2023
Thursday, May 11, 2023	1 pm - 4 pm	April 27, 2023

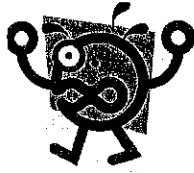
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\*The deadline date for registering to take HESI is two (2) weeks before the test date. So, please go in to register for the exam a few days before your test date's deadline.

\*\*Spring Break - deadline date would need to be before the week of March 13 - 17, 2023.

# How to Avoid Test Anxiety

Honor Medina MFT



Some ideas to consider **BEFORE** taking a test:

- ✓ **Be prepared.** Learn your material thoroughly and organize what materials you will need for the test. Ask your professor for a study guide or advice on what to focus on.
- ✓ **Allow yourself plenty of time** for all the things you need to do before the test and still get there early.
- ✓ **Strive for a relaxed state of mind.** Avoid conversations with students that are not prepared or are more scared than you.
- ✓ **Routine of exercise.** This can be a 15 minute walk around campus or a strenuous workout. Anxiety creates energy in the body so movement can help.
- ✓ **Good sleep hygiene.** Do everything you can to let your body get the sleep it needs before an exam.
- ✓ **Eat.** It is easy to omit food, especially if your stomach is doing somersaults. Try to avoid foods that your body struggles with. A big hint on what these foods are is when your body makes odd noises or you feel discomfort.
- ✓ **Take a snack.** Bring a small snack to eat if you start to feel light headed during the test. Avoid snacks with high sugar content as you will crash or feel tired quickly after consumption.
- ✓ **Approach the test with positive thoughts.** Positive thoughts lead to less anxiety. "I can do this." "I am strong, I can do this..."

Please write out ideas and skills you want to try below:

# How to Avoid Test Anxiety

Honor Medina MFT



Some ideas to consider **DURING** the test:

- ✓ **Read all test instructions carefully.** Read them twice if you can. Test taking errors can drive a score down.
- ✓ **Budget your testing time allotment.** From time to time, check your watch or refer to a clock if one is available to avoid scrambling the last few minutes of time left. This can also be calming to see you have more time than you thought.
- ✓ **Change your body position while taking the test.** No, I am not saying fidget. I mean shift your weight around in your seat to keep blood flow going to the legs. Feeling tingling or numbness in arms and legs can increase your anxiety.
- ✓ **Focus on you and only you.** It is easy to feel panic when someone turns in their material 30 minutes into a two hour test.
- ✓ **Brain Farts in general.** Face it they happen. If you find yourself blanking or freezing up pause and use breathing, think of a serene place, or reframe the negative thoughts that may be present.
- ✓ **For essay tests, if you experience a "Brain Fart" pick any question and start to free write.** Free writing on a topic associated with the test material can often free your brain back to functioning status.
- ✓ **Skip questions that you do not know the answer to.** You can come back to these questions later. Initially focus on the questions you do can help keep your anxiety down during the test.
- ✓ **Take a sanity break.** Use a minute to focus on a window in the room or even go to the bathroom if you are allowed to.

Please write out ideas and skills you want to try below: