RN TRANSITION TO PRACTICE · FREE RESOURCE

Your First 90 Days Roadmap

A steady way to focus your energy, ask better questions, and see progress during the early months of practice.

Use the roadmap as a conversation starter. Orientation plans differ by employer and unit. This tool helps you notice what is becoming familiar, where you need support, and what to bring to check-ins with your preceptor or manager.

Days 1–30: Learn the rhythm

Focus on routines, the unit's safety practices, documentation flow, and knowing when to ask for help.

My priority this month

Questions I want to ask

Days 31–60: Build your patterns

Practice recognizing what changes first, organizing a patient load, and using concise communication.

One pattern I am noticing

One skill I will practice deliberately

Days 61–90: Grow your clinical voice

Start naming what you see, what concerns you, and what support you need with clearer confidence.

A conversation I want to lead

My next growth target

WEEKLY RESET

Five questions for the end of the week

1. What felt more familiar this week?

2. Where did I pause, ask, or escalate appropriately?

3. What is one moment I want to debrief?

4. What feedback will help me most next week?

5. What will help me recover before my next shift?

BRING THIS TO YOUR CHECK-IN

A simple progress conversation

Start here: “I am getting more comfortable with _____. I would like feedback on _____. Could we make a plan to practice _____ during the next few shifts?”

What is going well	Where I need support
_____	_____
_____	_____
_____	_____

Keep the goal small

Progress is rarely a straight line. Choose one behavior you can repeat, such as preparing before report, writing down questions, using a handoff structure, or asking for feedback before the shift ends.

Educational resource only. Your employer’s policies, orientation plan, and supervision requirements always guide practice.