



NURSE AI OS • FREE EXAM PREP FOR STAFF NURSES

The CCRN AI Mentor Program & Guide

A personal coach that adapts to your learning style, your schedule, and your knowledge gaps — anchored 100% to the AACN exam blueprint. Includes the complete 12-week study plan for solo nurses and group cohorts.

Free. All you need is a ChatGPT account. No PHI, ever — the mentor coaches your exam prep; your clinical judgment stays yours.

Open your mentor (free): visit nurse-ai-os.org/ccrn-mentor-guide.html and click "Open the CCRN AI Mentor," or go directly to:

<https://chatgpt.com/g/g-68b28029e41c81918a1aece1d5378c56-ccrn-r-exam-ai-mentor>

Good first message: "I'm an ICU nurse. My exam date is [date]. Interview me briefly, then build my Week 1 around my weak points."

Program summary

Preparing for the CCRN exam is no longer a one-size-fits-all classroom ordeal — it is a personalized journey with an AI mentor by your side. The CCRN AI Mentor acts like a personal coach, adapting to each ICU nurse's learning style, schedule, and knowledge gaps. Instead of static lectures and rote memorization, you engage in interactive, adaptive practice with real-time feedback tailored to your needs.

The mentor continuously adjusts pacing and content focus based on performance — much like nurses personalize patient education, the mentor personalizes exam prep for the nurse. Each learner spends more time on weak spots and less on what they have already mastered, making study time efficient and effective. By targeting the actual AACN blueprint and giving instant coaching, the mentor builds confidence while reducing stress — with a flexible program that fits busy ICU schedules and maximizes first-attempt success.

Mission & vision

Empower ICU nurses to achieve CCRN certification through personalized, adaptive learning. **Bridge knowledge gaps** with tailored support that reinforces critical-care best practices. **Build confidence** so nurses pass on the first attempt — and elevate their day-to-day critical-care skills. The vision: every ICU nurse with access to a personal AI coach that adapts to their journey, fostering growth, clinical judgment, and a culture of excellence — grounded in AACN's core belief in driving excellence in acute and critical care nursing.

How the mentor works — five methodologies

1 Adaptive pacing

The mentor tracks your response times and trains you to the target **72 seconds per question** (the CCRN exam average) with pacing cues, personalized timing exercises, and gentle feedback when you answer too slowly or too quickly. This prevents time-crunch panic and builds an internal clock you trust — all 150 questions in 3 hours.

2

Blueprint-mapped practice

All practice is 100% anchored to the AACN CCRN blueprint — no fluff, no out-of-scope topics. Content focus is proportional to exam weight (Cardiovascular ~17%, Respiratory ~15%, and so on), every question is tagged by domain, and if the blueprint updates, the mentor adjusts your plan automatically. Every minute of study goes to content that will actually appear on your exam.

3

Clinical scenario simulations

Memorizing facts is not enough. You work through rich, realistic ICU cases (sepsis management, ventilator weaning) that build critical thinking under pressure. Scenario questions train the **two-pass method** — answer the easy ones first, revisit flagged items — and weekly full-length mock exams build stamina until the real exam feels like just another simulation.

4

Mental conditioning tools

Success is as much mental as knowledge-based. The mentor includes a guided **28-day exam-mindset series**: daily affirmations and positive self-talk, visualization exercises for calm and confident performance, paced-breathing and quick stress-reset techniques to use during the test — and the reality check that **"83 correct is enough"**: you do not need perfection to pass.

5

Professional Caring "tie-breaker" coaching

The Professional Caring & Ethical Practice domain is roughly **20% of the exam** — and it is the tie-breaker when two answers both look clinically correct. The mentor teaches the **AACN Synergy Model** attributes (advocacy, collaboration, systems thinking) and trains you to spot *facilitative language* — "support, encourage, assist, reinforce" — that signals the patient-centered answer. When clinical factors are equal, pick the answer that safely advocates for the patient or family.

Data-driven feedback — what the mentor shows you

Mini dashboards

After each quiz: score and percentile, average time per question vs. the 72-second target, and your weakest domain in that set — with progress trends over time. Example: "70% correct, 68 sec/question, Neurology lowest."

Pacing metrics

Every question records your seconds-to-answer. You see "Average pace: 68 sec/question," get alerts when you linger on certain question types, and run timed drills that build your exam clock.

Blueprint mastery analytics

Performance mapped to every blueprint domain — Cardiovascular 82%, Respiratory 75%, Multisystem 60% — with predictions of which domains will clear the passing threshold and auto-assigned extra practice where you are weak.

Teach-back loops

Miss a question and the mentor asks you to explain the correct rationale in your own words, then checks your explanation against the key points. Active recall, the way a human tutor teaches.

Usage heatmaps

Your study activity visualized by day and module — revealing patterns (weekend-heavy studying, a Week-4 lull) so you can optimize your schedule.

For nurse educators & leaders

Aggregated mastery reports show which topics a cohort is weak in (if everyone struggles with Endocrine, schedule a review session) and identify who is falling behind early enough to intervene.

The 12-week adaptive study plan (solo & group)

A structured blend of content review, practice questions, mindset training, and AI check-ins — covering all domains in proportion to blueprint weight. The arc: **Weeks 1–3** foundation • **Weeks 4–6** core systems • **Weeks 7–9** integration & ethics • **Weeks 10–12** final preparation.

1 Week 1 — Baseline & setup

Establish a starting point and prepare a game plan.

Diagnostic: a full-length 150-question exam (AACN practice test or the mentor's bank); review results by domain. **Planning:** baseline dashboard and a study schedule built around your exam date. **Check-in:** a kickoff coaching session on mindset. **Mindset:** write down your motivation for CCRN and one affirmation.

Group tip: each member shares one strength and one weakness from the diagnostic; form study-buddy pairs. Everyone books their exam and reads the handbook rules this week.

2 Week 2 — Cardiovascular (~17%)

Master high-yield cardiac topics.

Content: acute coronary syndromes, dysrhythmias, heart failure, cardiac-surgery complications (tamponade), hemodynamic monitoring. **Practice:** 150–200 questions, including one timed 50-question mini-test. **Check-in:** EKG-strip and hemodynamic-scenario quizzes; stumbles trigger a quick review module. **Mindset:** the 1-minute breathing drill.

Group: a simulated AMI case worked together. Week's end: each member receives cardiac strengths and one review target.

3 Week 3 — Respiratory (~15%)

Tackle critical respiratory care.

Content: ARDS and ventilator strategies (modes, weaning, alarms), pulmonary embolism, thoracic trauma, advanced airway management. **Practice:** 150–200 questions plus a daily ABG interpretation drill; one timed set. **Check-in:** mid-week oral quiz ("What vent changes do you anticipate in ARDS with rising plateau pressures?") with teach-back feedback. **Mindset:** you have stayed calm through tough intubations — same skill, new arena.

Group: simulate rapid-sequence intubation or run a ventilator-settings workshop with member teach-backs.

4

Week 4 — Endocrine / Heme / GI / Renal / Integumentary (~20%)

Multiple smaller domains that together form a large chunk.

Content: DKA and HHS, DI and SIADH · coagulopathies and transfusion reactions · GI bleeds, pancreatitis, liver failure · acute kidney injury and electrolytes · burns and pressure-injury prevention. **Practice:** 200–250 interleaved questions — switching gears between systems is the training. **Check-in:** the mentor spots the slipping sub-domain ("Renal needs reinforcement — let's review CRRT basics") and adjusts. **Mindset:** endurance week — small chunks, mini-breaks; make 5 flashcards from your errors.

Group: split topics — each member deep-dives one and teaches its "Top 5 must-know points" in a roundtable.

5

Week 5 — Neurological, Musculoskeletal & Psych (~14%)

Neurology and associated systems, including psych aspects.

Content: intracranial hemorrhage, stroke, TBI, seizures, neuro assessment, delirium vs. dementia vs. psychosis, spinal cord injury · rhabdomyolysis, compartment syndrome · ICU delirium, withdrawal, trauma-informed care, end-of-life psychosocial support. **Practice:** 150–200 vignette-style questions — pull the pertinent details from long scenarios. **Check-in:** a neuro-assessment simulation (rising ICP, stroke signs) with feedback on priorities. **Mindset:** visualize a real patient who matched these conditions — real experience anchors exam memory.

Group: a delirium-prevention huddle — one strategy or case story each; the AI fills in missed evidence-based practices.

6

Week 6 — Multisystem (~14%)

Complex scenarios involving multiple systems.

Content: sepsis and septic shock (the surviving-sepsis bundle), MODS, advanced shock states, trauma and burns, toxicology, temperature management, post-ICU syndrome. **Practice:** 150–200 integrated cases plus one mixed Multisystem + Cardio set. **Check-in:** a rapid-fire round — "First intervention in anaphylactic shock? Cardiogenic? Septic?" — hesitation earns a clarification and a mnemonic. **Mindset:** list three topics you have already mastered.

Group: a mock code or sepsis drill, stepping through the 1-hour bundle with the mentor moderating.

7

Week 7 — Professional Caring & Ethical Practice (~20%)

The often-neglected soft skills — a full fifth of your exam.

Content: Synergy Model characteristics — advocacy and moral agency, caring practices, responsiveness to diversity, facilitation of learning, collaboration, systems thinking, clinical inquiry — plus end-of-life decisions, informed consent, family conflict, cultural competence. **Practice:** 100–150 situational-judgment items, including the two-right-answers trap: choose patient-centered care and facilitative language. Draft what you would actually say to a family. **Check-in:** a Professional Caring pop quiz coached through the ethical principles. **Mindset:** daily reflections on the why of your work.

Group: role-play a tough conversation (end-of-life choices, explaining an error). All domains done — pick your top two weak areas for the final stretch.

8

Week 8 — Integration & first full simulation

Consolidate and assess with a realistic practice exam.

Simulation: a full 150-question, 3-hour exam in one sitting — a critical endurance test. **Analysis:** per-domain dashboard, error-log patterns, then mid-week targeted work on your two weakest domains. **Check-in:** a results coaching session — praise for what worked, concrete fixes for what did not. **Mindset:** start mimicking exam-day routine; rehearse an anxiety reset for the moment in the exam where you felt it.

Group: a debrief on hardest parts and working strategies — plus a logistics check: date, location or remote setup, IDs.

9

Week 9 — Focused improvement & advanced practice

Sharpen weak areas; practice above exam difficulty.

Fully customized: the bulk of your time goes to your two or three lowest domains with curated review modules. **Practice:** new weak-domain sets plus a daily mixed 10–15 to keep everything fresh — and a few deliberately hard questions so the real exam feels easier. **Check-in:** a knowledge-gap audit (oral quiz or concept map). **Mindset:** five minutes of visualization — walking in calm, handling a hard question with poise.

Group: topic-based small groups (cardio table, endocrine table) with a shared Q&A board for the mentor.

10 Week 10 — Second full simulation & final review

Measure the improvement; finish content review.

Simulation: another timed 150-question exam early in the week — expect an upward trend and more even domains. **Error analysis:** name the cause of every miss — content gap, misread question, or second-guessing — with tailored advice for each. **Drills:** 5 hardest hemodynamics, 5 tricky ventilator, 5 ethics. **Check-in:** the final strategy session — two-pass method, educated guessing, avoiding absolute-word answers. **Mindset:** taper; let the mentor show the statistics of everything you have completed — proof you are ready.

Group: a "graduation" meeting — final tips, one encouragement each.

11 Week 11 — Mental readiness & light review

Solidify confidence; handle the last details.

Light review only: key lab ranges, ACLS algorithms, condensed notes — no new material. **Minimal questions:** ~10 a day; flashcard mode and verbal quizzes ("components of Beck's triad?"). **Logistics:** confirm the exam-day plan — route or remote setup, IDs, backup plans, break policies. **Mindset:** daily affirmation, short meditation or stretching. Any panic gets honest reassurance: you have consistently scored above passing in practice — you are ready.

Group: a non-study bonding activity; each person names one thing they are proud of learning.

12 Week 12 — Exam week: elevate and execute

Final preparations — and the exam itself.

Final days: minimal review, mostly rest; the mentor is available 24/7 but will talk you out of cramming. **Night before:** organize everything, sleep well. **Exam morning:** one last guided visualization, then the final confidence boost: you are prepared — trust your training. **After:** debrief with the mentor for closure, and celebrate.

Group: keep cheering across different test dates — and celebrate results together.

Blueprint note: for nurses testing after November 12, 2025, the mentor adjusts this plan to the revised CCRN blueprint — slightly more Neuro/Behavioral and Multisystem, slightly less Cardio/Respiratory — so you always train in proportion to what the exam actually weighs.

For nurse leaders & educators

"Imagine a CCRN prep experience that's as unique as each nurse." The AI Mentor is a personal coach for every ICU nurse — adapting to their learning style, targeting their individual gaps, and molding around shifts and life instead of a one-size-fits-all class. Nurses are not just memorizing facts; they are learning to think critically through simulated scenarios and strategic coaching. The result: highly prepared, empowered ICU nurses who pass their CCRN, elevate unit standards, and bring even better care to the bedside. A forward-thinking investment in your nurses' growth and your ICU's excellence.

100%

personalized to each nurse

24/7

mentor availability

12

week program timeline

Ready? Your mentor is awake right now. Open it, tell it your exam date and weakest domain, and let it build your Week 1.

<https://chatgpt.com/g/g-68b28029e41c81918a1aece1d5378c56-ccrn-r-exam-ai-mentor>

Free — a ChatGPT account is all you need. Chasing a different certification? 55 free AI mentors live at nurse-ai-os.org/ai-mentors.html

The boundary, as always: the CCRN AI Mentor is exam-prep education only — no PHI, no patient-specific clinical advice. AI can be wrong; verify what matters. Your judgment and license stay yours.

Carry the lamp. Keep the ledger. Agents propose. Humans judge. Nurses steward.

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